

LEGION

MAGAZINE



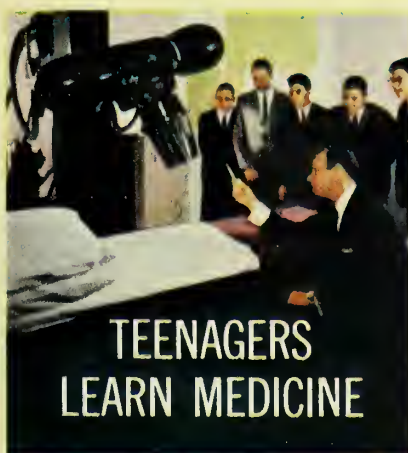
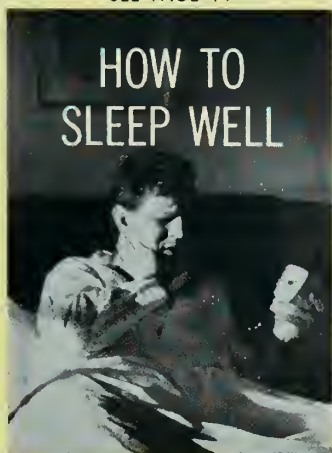
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A PLAN TO FREE CUBA

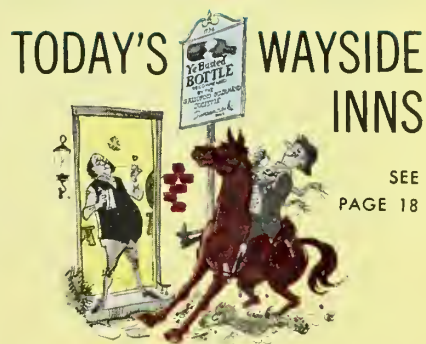
By Approved Revolutionary Methods

By Brig. General FRANK L. HOWLEY, Ret.—Former Berlin Commandant

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APRIL 1963

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The American

LEGION

Magazine

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FOR YOUR INFORMATION

There's New Life In The Legion

BY NATIONAL COMMANDER

James E. Powers



SEVERAL MONTHS AGO I noted in this space that our future achievements will be limited only by the spirit and industry of individual Legionnaires.

Do we care enough to give unselfishly of our time and energy so that The American Legion may remain a strong and growing force in the land?

Critics of The American Legion have raised the question in Congress and elsewhere. I can report to you now, on the basis of personal, unforgettable experience, that the answer is an unqualified yes.

Between the first week of January and the fourth week of February, I met with more than 7,000 working Legionnaires at 23 regional conferences in as many states. These were working meetings. They offered no door prizes or half-time entertainment. The only subject on the agenda was the advancement of American Legion membership and program goals for 1963.

Every one of the 23 conferences drew a larger attendance than local chairmen anticipated. At every one — from Washington State to Louisiana, and from Massachusetts to Arizona — I found Legionnaires not only willing, but eager and impatient to get on with the Legion's serious work.

These are dedicated men and women. They believe in The American Legion; they're looking for new challenges and opportunities to test their belief.

In the past 17 years I've traveled the Legion circuit pretty widely as a post, department and national representative. I've never seen anything approaching the unity, drive and sense of purpose now being evidenced by Legionnaires all across the country.

In Philadelphia, the conference room was set up for 450 people — an optimistic estimate, the chairman said. Fifteen minutes before the scheduled starting time there wasn't an empty seat in the house. We delayed the program a half-hour while volunteers rounded up additional chairs. More than 700 Legionnaires participated in that meeting, with many standing the whole two hours.

The conference in Omaha never should have started at all. Despite a blizzard and a temperature reading of 17 below zero, area leaders insisted on going ahead with the meeting. When the gavel sounded on schedule, the crowd was there — 126 Legionnaires representing Kansas and Iowa as well as Nebraska.

These were not exceptional incidents. I cite them because they reflect the high level of enthusiasm we encountered throughout the tour.

During the business sessions and in conversation afterwards, Legionnaires made it clear to me that they hadn't turned out merely to impress visiting firemen. They wanted to

satisfy themselves that their leadership meant business in The American Legion tradition.

Some said they were tired of seeing the Legion turn the other cheek in its battle for fair treatment of disabled veterans, and widows and orphans; they responded strongly to our explanation of the compensation increases and reforms we're advocating in Washington. Many volunteered for duty whenever needed in our recently organized corps of grassroots contacts with members of Congress. Others reported new and ambitious undertakings by their own posts to promote juvenile opportunity, traffic safety and similar works.

Anyone who doubts the spirit of the present-day American Legion should listen, as I did, while members of a post with an enrollment of less than 100 told how they sponsor three Boy Scout troops and one Explorer troop.

One recurring subject of questions and discussion was the inadequacy of the existing veterans' pension program. I found no division on this, even among those who served in different wars. A World War I veteran in the midwest told me he had always known the Legion was the only organization that could bring about pension justice, "but I didn't know until now that we were working all-out for it."

Enthusiasm alone doesn't guarantee the success of American Legion progress. It does give us a fighting chance to succeed. And the kind of enthusiasm I've seen leads me to believe that individuals who have made a habit of discounting our influence are in for some sharp and overdue surprises.

Organization and information are also key items in our "how to succeed" kit. I believe we're on the way to perfecting both.

Department and post leaders are reporting an improved liaison with national headquarters. This is vital if the aggressiveness and leadership we now have at the local level are to be translated into effective action on the broad front of public policy.

We must do more than make noise. We must make sense. The noblest cause can fail if it isn't presented clearly and factually. It's up to each of us to inform ourselves on the issues which concern us as Legionnaires.

I urge everyone to do this by reading regularly the literature available to us from Legion sources. The *American Legion Magazine* presents the facts you need to keep informed and current on national veterans' issues. Your department and post publications likewise are designed for your benefit and use.

At this midpoint of The American Legion year, we're running strong and straight. We have the spirit and the equipment to make it a notable year. Let's apply them — all the way and together. ■

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DATELINE WASHINGTON

UNTANGLING THE DEFENSE WEB...

THE MOON, THEN MARS...

THE 1963 BUDGET - \$614.13 PER CAPITA!

A special Senate subcommittee headed by Senator Jackson, of Washington, is making--without fanfare or headlines--what may well be the most important investigation of the many undertaken by the current 88th Congress...The subcommittee is seeking ways and means of helping our President make and carry out U.S. national security policy...This vital task, says the subcommittee in its first report, "is too big for any one man to know all about it."...The investigation is concerned with the administration of our complex national security program--with getting good people into key foreign and defense posts and enabling them to do a good job...The President himself can only make a tiny fraction of the necessary decisions involved in our national security; literally millions of supporting operations, decisions, and associated actions must be taken by the men working under the President at the various levels of government in order to make the policy decisions work out...In view of the many life-and-death decisions that the President must make--for example, the confrontation on Cuba--our Chief Executive is faced with a continuing dilemma--whom to listen to, and how much, before he acts..."At stake is the safety of the Nation and the future of individual liberty," states subcommittee Chairman Jackson.

Our man to the moon project holds top priority in the U.S. space program...We will spend more on the moon shot during the next year than the \$3.7 billion requested for all space projects during the current fiscal year...We hope to get our man to the moon first, sometime during this decade...After that?...We already have our eyes on Mars...The United States will probably put men on Mars by the end of the century, predicts Dr. Jerome Weisner, the President's chief science adviser.

The U.S. budget figures are getting bigger and bigger--and harder to understand...In simple terms, President Kennedy's request for a \$122.5 billion Federal spending program for the next budget year (which begins July 1, 1963) would cost every man, woman, and child \$614.13--an estimated per capita increase of \$33.82 over the current fiscal year.

The United States is the land of plenty in the eyes of the world...And so it is, according to the National Academy of Sciences, in terms of our vast resources of energy, food, fibre, minerals, water and space...But even this great bounty is not inexhaustible, the Academy's latest survey warns...It urges intensified research to prevent potential critical shortages two generations hence.

PEOPLE AND QUOTES:

EXAMPLE

"We shall be judged more by what we do at home than what we preach abroad. Nothing we could do to help the developing countries would help them half as much as a booming American economy" President **Kennedy**.

CONCESSION

"We should be able, if necessary, to learn from the capitalists, to imitate the good and profitable they have." Premier **Khrushchev**.

UNANIMOUS

"For us, the Caribbean crisis has not been resolved . . ." **Fidel Castro**.

MISSILE-ISM

"Allowing for losses from an initial enemy attack and attrition en route to the target . . . our forces today could still destroy the Soviet Union without any help from the deployed tactical air units or carrier task forces or Thor or Jupiter . . . missiles." Secretary of Defense **McNamara**.

OPTIMISM

"The defenses of the free world are stronger than they have ever been, both in the conventional and nuclear field." Secretary of State **Rusk**.

ON AGING

"Retirement should be a transition from devoting part of one's time to earning a living, to devoting all of it to living well." **Dr. Mortimer J. Adler**, philosopher.

CITY LIFE

"The human animal really isn't very well equipped for the tensions and stresses of urban existence." Secretary of Interior **Udall**.

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LETTERS TO THE EDITOR

Letters published do not necessarily express the policy of *The American Legion*. Keep letters short. Name and address must be furnished. Expressions of opinion and requests for personal services are appreciated, but they cannot be acknowledged or answered, due to lack of magazine staff for these purposes. Requests for personal services which may be legitimately asked of *The American Legion* should be made to your Post Service Officer or your state (Department) *American Legion* Hq. Send letters to the editor to: Letters, *The American Legion Magazine*, 720 5th Avenue, New York 19, N. Y.

THE CYCLOPS

SIR: The story of the missing U.S. collier, *Cyclops*, in the January issue is of interest to us. Our Legion Post in Lisbon, Iowa, chartered July 28, 1919, is named *Cyclops* Post 109. When our Post was named, we wanted to name it after a local boy, W. Otis Beese, a coxswain, who was lost on the *Cyclops*. At that time he was listed as missing, and not as dead. As you can't name a Legion Post after a living person, we named the Post for his ship. Another Iowa boy, Lt. (jg) Frank C. Nigg, of Maquoketa, a passenger returning from duty in Brazil, was lost on the *Cyclops*.

W. C. CONKLIN
Lisbon, Iowa

SIR: The *Cyclops* was known to my shipmates, and her disappearance didn't mystify them. She was known to be too flexible fore-and-aft, and sailors were glad to get off her before she broke in the middle like a piece of wire that's flexed too often—which is probably just what happened.

JOHN F. COOK
Bloomer, Wis.

SIR: The *Cyclops* was weak in the middle. A crane operator told me he'd heard rivets snap in her poorly-braced midsection hold in a heavy swell when empty. The ore she was carrying when lost was undoubtedly loaded fore and aft for good trimming, and probably busted her apart in a heavy sea, he said.

FRED V. DOUTT
Canton, N. C.

Many more of our readers well knew the *Cyclops* or one or more of the men lost aboard her.

MONROE MEMORIAL

SIR: I wonder if it is a fitting memorial to President Monroe to have his picture on an inflated postage stamp? He would probably prefer adherence to his Doctrine.

BOB SCOTT
Reno, Nev.

NO INFRINGEMENT

SIR: I have been reading in several gun magazines that they are trying to pass an anti-gun law in Washington. The right to bear arms is included in the Second Amendment to the United

States Constitution. I think it is an outrageous idea to want to disarm the American citizen. The communists got started in other countries by disarming the people first, and as far as our gangsters go, they are outside the law and would not give up their guns. Thus, such a proposal is aimed only at the law abiding citizens.

WILLIAM F. ZYDMANN
Houston, Tex.

Res. 310 of the 1962 Legion National Convention opposes the "Anfuso Bill" to require citizens to register handguns with the FBI; urges repeal of the 1938 Federal Firearms Act.

WANTS CALENDAR BACK

SIR: You always published a Legionnaires calendar in the January issue, but did not do so this year. Is it not being published any more, or what? I always framed mine and visitors to my home commented favorably on it.

THEODORE C. REITER
Cortland, Ohio

Numerous expressions like this convince us that we should restore the annual calendar next January.

HISS

SIR: Congratulations for your wonderful article "Alger Hiss: A Reminder" in the February issue. It must have been with pride and satisfaction that the former Vice President saw that there are a great many Americans who have not forgotten the great job that he did for his country. Articles such as this keep *The American Legion Magazine* foremost on my reading list.

JAMES J. DOUGHERTY
Staten Island, N. Y.

SIR: I want to thank you for having Mr. Ralph de Toledano write a refresher on the Hiss Case in the February issue. It is worth the full price of my Legion membership.

FRED C. BAKER
Troy, Kans.

SIR: I was about to hire a moving company to move my furniture when the local ABC-TV affiliate ran a commercial of a local moving firm. Though this company had nothing to do with the ABC Hiss-Nixon matter, I made sure that it did not get my business—this being the only effective way I could register my protest.

JOHN W. ALCORN
San Francisco, Calif.

SIR: In view of the ABC-TV disgrace November 11, its programs are taboo on my TV.

WILLIAM H. WRIGHT
Elroy, Ariz.

SIR: Mr. de Toledano stated: "*The Christian Science Monitor* . . . began collecting an anthology of testimonials to prove that charges of Hiss's com-

munist espionage were false." We cannot discover in our files or memories any such activity. We did query various well known people as to their views on the case, but when we found that the results — mostly favorable to Hiss — would be largely dominated by emotionalism rather than knowledge, we decided not to publish them at all.

ERWIN D. CANHAM, Editor
The Christian Science Monitor
Boston, Mass.

INCENTIVE TRAFFIC CONTROL?

SIR: Regarding "A Way Out of Traffic Jams" by James N. Sites in the February issue, here's a revenue-raising way of solving the urban rush-hour traffic jams. Anyone who drives sees many cars carrying one person — the driver. Suggestion: set up a toll perimeter around your city. Fee for crossing the line — 50¢ for car and driver; 25¢ for car, driver and one passenger; nothing at all for car, driver and two or more passengers. You'd probably cut the number of cars in half within ten days, without doing anyone out of an auto ride into town.

G. D. JAMES
Unadilla, N. Y.

SIR: In "A Way Out of Traffic Jams," in the February issue, James N. Sites says that Los Angeles drove its rail transit out of existence only to relay the rails later at exorbitant costs when the need for rail service became unquestionably evident. This is pure fabrication. We are riding autos and buses and haven't relaid our rails. I suggest you publish a correction.

SAM GRAY
Bell, Calif.

Author Sites, who is assistant to the vice-president of the Association of American Railroads, pleads guilty to mixing his tenses. He says he "was referring to what Los Angeles planners are talking about doing in the future, now that rail transit services there have been driven out of existence by all-out emphasis on highway construction."

FOR ACTION

SIR: As a veteran of WWI and a long-time Legionnaire, I write to thank you for the very forceful article that you printed in the February issue regarding the need for a more liberal pension bill. We "old fellows" feel more hopeful now that the Legion is openly recognizing our need, and that we may perhaps be treated somewhat better than "welfare cases" in the near future. Without the support of younger veterans we could hardly present a block of votes sufficient in numbers to be attractive to politicians and office seekers. More power to The American Legion.

HAROLD B. MCKINNEY
Redvale, Colo.

SIR: I would like to say that it only costs a 5¢ stamp for a veteran to drop a line to his Representative or Senators asking them to support the revisions

we seek in the compensation and pension laws for veterans. I did and I think every veteran should. If you don't speak up they will never know what you support.

M. J. HALL.
Hinckley, Ill.

SIR: I was very pleased with your article on veterans pensions, February, page 29, and its discussions of the weaknesses of PL86-211. I am sure the chairman and the members of the House Veterans Affairs Committee will read it too, and I hope it will wake them up. I do hope the Legion will not let up on this, because I believe PL86-211 is one of the most unjust pieces of legislation ever written.

C. G. MUNROE
Westwood, Calif.

SIR: The National Commander's article in the February issue "It's Up to You as Well as Me" convinces me that the Legion should get into politics on an organized basis like the unions. They get results. The Legion has pussy-footed long enough about legislation needed for servicemen. Let's declare ourselves so the candidates know where we stand as the Legion.

S. F. SONNEDECKER
Sarasota, Fla.

SLOW JUSTICE

SIR: In every state in the Union our courts are overburdened, their calendars clogged. Isn't it time that the Nation and the states appointed enough judges and court personnel to do the job right?

CHARLES C. HAIMO
New York, N.Y.

Furthermore, in criminal cases, an "un-speedy" trial is unconstitutional.

SHORTHANDED

SIR: Some time ago I wrote to the editor to tell me what action had taken place with reference to HR 3745. I never got an answer. Is that any way to treat a charter member? Senator Saltonstall has now sent me a copy of the bill.

ASHLEY Q. ROBINSON
Newton, Mass.

Our magazine is not staffed to render personal services. The notice over this column suggests sources of legitimate American Legion services.

MANY DO

SIR: Something should be done to see that the fine articles in our magazine reach the general public. One way is for the publicity chairman of every Post to place *The American Legion Magazine* in the local Public Library.

W. B. GODFREY
Santa Paula, Calif.

LIFE ONLY

SIR: Is there group insurance offered to members by The American Legion to cover automobile liability, collision, etc.?

V. PIERCE
St. Louis, Mo.

Life insurance is the only member plan now offered.

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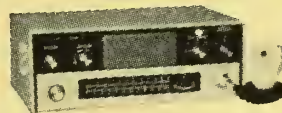
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SICK AT HEART

AMERICANS ARE sick at heart over everything that is summed up by the word "Cuba."

Wordmongers have worn the word "tensions" thin, but the anxiety about the Cuba situation is real tension.

Defense Secretary McNamara's celebrated TV show in February that seemed to prove that offensive missiles and bombers have been removed from Cuba only made the national heartsickness worse.

We had to see the U.S. Secretary of Defense assume a posture that it is "all right" for a hostile Eurasian power to have 17,000 troops, numerous land warfare weapons, MIG jet fighters, and a thorough system of air-defense missiles on the Island of Cuba. That is, it is "all right" because these are not sufficient weapons to conquer the United States.

We had to hear the Secretary of Defense say that he did not believe that Cuba is being used as a base against Latin America. He *must* have made the mental reservation that he meant "a base for direct military intervention today." Mr. McNamara is probably as sure as the rest of us that Cuba is *now* a base for propaganda, civil agitation, aggressive organization and arms shipment, and for *future* military intervention against Latin America.

We are morally certain that Mr. McNamara is, if anything, fully as sick about the whole thing as anyone else. There was just no other posture that he could assume unless he was prepared to resign from the Cabinet on the spot. The military occupation of Cuba by Russia was a *fait accompli* about which, in the best possible view of it, the government for which Mr. McNamara spoke had not yet determined a solution that it was willing to announce.

On page 12 of this issue is projected a "Plan to Free Cuba," by employing, in the cause of freedom, the pattern of modern revolutions. The author first spells out just what the pattern of modern revolutions is. Author Frank Leo Howley is a retired brigadier general of more than ordinary accomplishments. A successful businessman, he rose to his high rank from scratch in WWII, starting in the mechanized cavalry. He was the Director of Civil Affairs at Cherbourg, then Paris, and — from 1945 to 1949 — Allied Commandant and U.S. Military Governor of Berlin, where he also was founder of the Free University of Berlin.

He is today Vice President of New York University.

NEVER THE AGGRESSOR?

THE CUBAN MESS, like the chicken, exists because the egg was allowed to hatch. The horror of it is that if this country, in spite of the Monroe Doctrine, feels powerless to stop a Castro of Mexico, of Honduras, of Nicaragua, of El Salvador, of Costa Rica, of Panama, of Brazil, of Venezuela, of Colombia, of Peru, of Argentina, of Bolivia, of Uruguay, of Chile, of Ecuador, of the Guianas, of Haiti, of the Dominican Republic when it is easily possible, then it is only a matter of time before . . . you know the rest.

Once the new man whom we fear to

EDITOR'S CORNER

oppose when he is weak comes to power, he invites Russian arms — and here we go again.

Why do we fear to enforce the Monroe Doctrine? The overriding halter is that since the birth of the United Nations we have talked ourselves into a dread of the role of an aggressor under any circumstances whatever.

Let us, before it is too late, look at the cold hard fact that *never to be an aggressor* — even when strategy dictates it — is *always to be on the defensive*. The terms are interchangeable. If we are not prepared to stop the next Castro when he is still in his Sierra Madre, the armed Sovietizing of the hemisphere is only a matter of time.

The Monroe Doctrine spelled to the world the point at which we *would* become aggressive. It was fair warning and the world accepted it. We are in the present mess because, to put it as bluntly as possible, we didn't have the courage on high to be aggressive when it was correct to have been so. The longer we now wait, the deeper the Monroe Doctrine becomes, and the more disastrous our paralysis.

The people of the United States fully understand that the *life or death of the Western Hemisphere hangs on the resolution of the Cuban situation*. They know that Cuba is now the Sierra Madre of the entire hemisphere. For that reason Cuba not only will be, but deserves to be, the most important national issue in the United States until foreign troops and arms and communist dictatorships are ejected and barred from this hemisphere.

Think of Gen. Howley's article on page 12 in that light.

MATH TO MEDICINE

ANN CUTLER quit being a newspaper gal ten years ago and has been a successful science writer since. Her story on page 16, "Our Youngest Medical Students," tells how doctors are taking teenagers in tow to introduce them to possible medical careers. Miss Cutler edged into this story because she had written the best-selling math book *The Trachtenberg Speed System*, a short cut to mathematics based on a system devised by a former prisoner of the Nazis as a way of enduring his imprisonment. She followed that up with *Instant Math* (For Children from Eight to Eighty), a book that came out last December. A magazine wanted her to do an article on how youngsters had mastered short cuts to math. While interviewing the young Weigast brothers for this in Newark, N.J., their sister, 17-year-old Beth, started describing a visit to a mental hospital in the most experienced fashion. Miss Cutler raised her eyebrows and inquired how Beth knew so much—and out came the start of this fascinating story.

ALMOST KIDDING

WE HATE to say this, but W. F. Miksch's article, "Wayside Inns and Wayward Taverns," on page 18, is intended to be a spoof. It's humor. It isn't serious. Well, not altogether serious. Those places he mentions aren't really real. Don't write us and ask what exit off the New England Turnpike gets you to Fretful, Maine. There isn't any Fretful, Maine. Neither is there a Hardly, N.J. Or if there is, there is no exotic eating place there called the Name-Dropper Room. At least we don't think so. And if there is a Ghoul, Nevada, it surely isn't on Route 1313. Any such route should run from Reno to Las Vegas, if *our* luck there means anything. But you might well know where there are some spots very much like Mr. Miksch's fanciful dining places. We think you do.

GUMPERSON'S LAW—TRUE OR FALSE?

GUMPERSON'S LAW, which has been widely publicized recently, is still *only a theory*. The famous Dr. R.F. Gumperson admits this himself, and solicits any reports which might disprove his law.

With his permission, we break down his involved formula into simple English, as follows:

If something is going to happen in some fashion or other, it will most likely happen in the way that you least wish it to.

Known as the Law of Inverse Desirability, Gumperson's formula predicts such things as:

- You can throw a burnt match out of a car window in a rainstorm and burn down seven states, but you can use two boxes of matches and the whole Sunday paper without lighting the dry logs in your fireplace

- If your wife drops a pearl in the middle of 22,746 square feet of ballroom, it will roll down the only mousehole in the place.

- If you hold something in place with one hand and try to reach for a tool with the other, the tool will *always* be one half inch farther away than you can stretch without falling off the stepladder.

- Your shoelace will never break unless you are already late for where you are going.

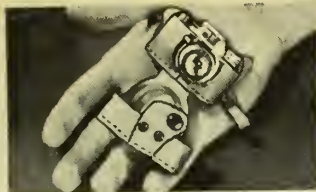
- The person most likely to win a Cadillac in a raffle is the President of General Motors.

- Should a radio station try to phone you to offer you \$10,000 if you can name the capital of the U.S., it will get a busy signal because you're on the phone with a stranger who's trying to sell you aluminum siding for your house.

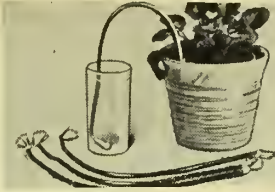
We told Dr. Gumperson that we know of no case in which his formula failed to predict correctly, but he asked us to invite our millions of readers to write to him (please, not to us) of any instance in which his law failed.

Of course, Gumperson's Law does predict that if you have evidence that his law is no good, you won't be able to find the good Doctor to tell him about it.

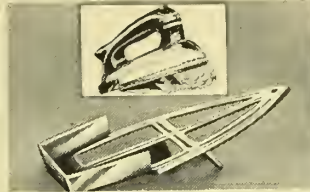
We have lost his address. But you should have no trouble finding him yourself to tell him that his law is in error—unless his law is correct. R.B.P.



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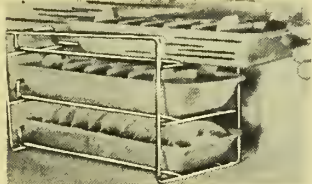


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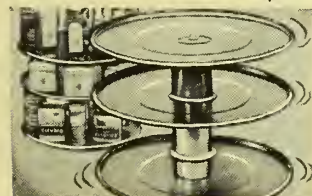
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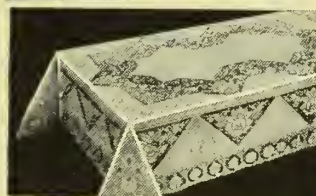
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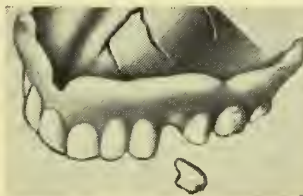
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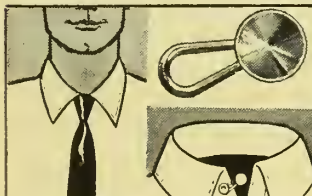
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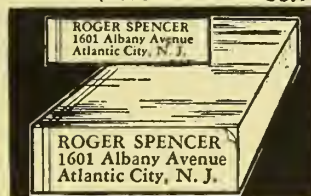


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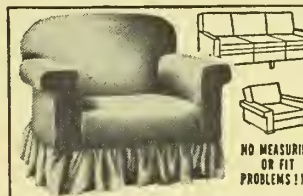
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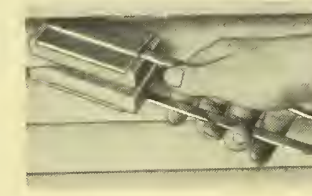


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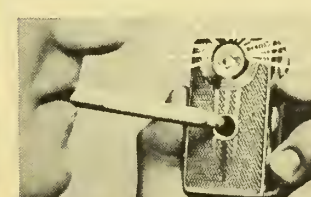


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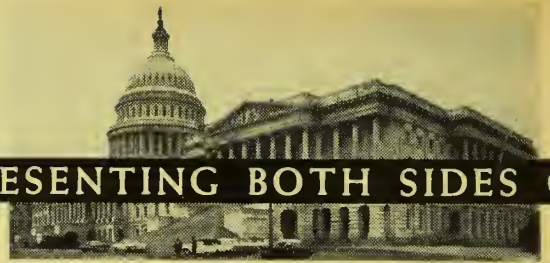
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THIS MONTH'S BIG ISSUE:

Should Congress Ban

PRO

Rep. Abraham J. Multer (D-N.Y.)
Thirteenth District



IF WE HOLD that life is sacred, then what moral right does society have to demand a life for a life?

One of the best answers to this question was given by a man who had intimate knowledge of the judicial process, Judge Evelle J. Younger of Los Angeles, when he wrote: "No human instrumentality is fit to pronounce and execute an irrevocable judgment. Only God with His infinite wisdom and charity should wield that awful power."

Capital punishment is immoral. For this reason, I believe, the advocates of the continuation of capital punishment are losing the battle. An indication of the interest this issue is stimulating is that almost half of the 41 states which still retain the death penalty have recently had bills to abolish it introduced in their legislatures.

One of the most comprehensive studies of capital punishment and the deterrent value of the death penalty was published in the 1952 Annals of the American Academy of Political and Social Science. The conclusion of this study of the death penalty as a deterrent to homicide in the United States was summarized as follows: "Statistical findings and case studies converge to disprove the claim that the death penalty has any special deterrent value. The belief in the death penalty as a deterrent is repudiated by statistical studies,

since they consistently demonstrate that differences in homicide rates are in no way correlated with differences in the use of the death penalty. Case studies consistently reveal that the murderer seldom considers the possible consequences of his action, and if he does, he is not deterred by the death penalty. . . ."

The death penalty is absolute and final. It permits no correction of error. We know that innocent men have been executed. How can we impose a penalty as absolute as death when our knowledge cannot be absolute in imposing it? Juries do make mistakes.

I was gratified at the recent passage by both Houses of Congress of a bill to remove the requirement of capital punishment in first degree murder convictions in the District of Columbia. I have long urged the abolition of capital punishment in the District of Columbia as an example to the rest of the country. I believe that this bill was a step in the right direction.

Bernard Shaw once said: "Criminals do not die by the hands of the law. They die by the hands of other men. Assassination on the scaffold is the worst form of assassination, because there it is invested with the approval of society. It is the deed that teaches, not the name we give it. Murder and capital punishment are not opposites that cancel one another, but similars that breed their kind."

If you wish to let your Congressman or one of your Senators know how you feel on this big issue, tear out the "ballot" on the facing page and mail it to him----->

THE BIG ISSUES

Capital Punishment?

CON

Rep. Robert W. Hemphill (D-S.C.)
Fifth District



THE DEATH PENALTY is a severe penalty, admittedly. If it were not, it would not have the deterrent power necessary in our war against crime.

Without the prospect of death penalty, a citizen could commit treason of rankest nature, knowing the worst punishment he could expect was life imprisonment, with possibility of parole. A man could plot murder and gamble on parole. The armed robber and the rapist would also know their lives were not at stake — only their freedom — and that perhaps temporarily. Life-terms in the prisons could rebel and use hostages to gain freedom or concessions, knowing if the hostage's life was taken, punishment could add no years. Kidnapping would increase. Experience has proved the salutary impact of capital punishment applied to kidnapping.

Society needs the preventive protection afforded by the application of this penalty. Time has demonstrated this.

As defense counsel in capital cases, and as prosecuting attorney, I personally witnessed the decline of homicides in an area covered by the death penalty. Fortunately, the press gave full coverage — made it known that human life is not cheap.

In my state, the jury, judge and Governor have the right to commute the penalty to life imprisonment. I

recommend the inclusion of this safeguard.

Another safeguard against misuse of the death penalty is that all members of the jury agree on the death verdict, and that all be satisfied beyond a *reasonable doubt* of guilt. Even one slightly acquainted with the courts realizes the privileges of, and safeguards for, the accused. Death penalties are hard to arrive at and are subject to review.

Some argue that capital punishment is barbaric. Which is more barbaric, the kidnapping, killing, raping of innocent people, or the execution of the criminal to punish, to deter?

In a society where the skills of mankind can be developed in the field of crime, the death penalty is a necessity. Without it, the machinations of criminals, supported by modern technology, would result in an eruption of violence which would carry our civilization to the brink of disaster.

Finally, our religion emphasizes the justice and necessity of capital punishment. The God of the Hebrews, also God of Christians, through his chosen speakers, decreed the death penalty for major crimes. This passage from the Pentateuch is sufficient: (NUMBERS, XXXV, 30 and 31.) "Whoso killeth any person, the murderer shall be put to death by the mouth of witnesses: but one witness shall not testify against any person to cause him to die.

"Moreover ye shall take no satisfaction for the life of a murderer, which is guilty of death: but he shall be surely put to death."

Capital punishment is an essential factor in our effort towards law enforcement.

Robert W. Hemphill

I have read in The American Legion Magazine for April the arguments in PRO & CON on the subject: "Should Congress Ban Capital Punishment?"

THE AMERICAN LEGION MAGAZINE

IN MY OPINION CONGRESS ☐ SHOULD NOT

☐ SHOULD BAN CAPITAL PUNISHMENT

SIGNED _____

ADDRESS _____

TOWN _____

STATE _____

WHAT PLAN can we follow to free Cuba? Castro, and other revolutionaries who are dedicated to destroying the United States and our allies, can best be eliminated by turning upon them at least some of the modern devices of successful revolution and counterrevolution. We are all too familiar with the many details of successful modern revolutions, but how do they all fit into one piece?

Revolutions and counterrevolutions aren't what they used to be! In South America they are no longer a musical comedy joke. In Europe they are not simply a clever coup d'état. Even in Africa and Asia there is a new concept of how to succeed in revolutions. There is no sense in our attempting to equate the modern with the old. Today, the American Revolution of 1776 would fail. Samuel Adams and his "Indians" throwing taxed English tea into Boston Harbor would be jailed and examined by psychiatrists. Our "rabble-in-arms" of happy memory would today go down to death and defeat against the forces of a modern government.

Yet some revolutions and counterrevolutions do succeed and it behooves Americans to find out why. From the mangrove swamps of Vietnam to the elephant grass of Africa, these violent political explosions are changing more than the faces at the United Nations. They are altering the political, economic and social character of the world. That America is directly concerned is indicated by the billions of dollars being spent for defense and the sleepless nights suffered by our citizens as a result of the Cuban Revolution. So, let us have a cold rational look at the rules of the new game.

To start with, there must be strong, determined, implacable *leadership*. Never mind whether we like these new leaders or dislike them. The leadership which succeeds in the new revolution is leadership of inflexible men, dedicated to total victory. These leaders are not slowed by debating moral principles. They have little in common with the high-mindedness of Thomas Jefferson, John Adams, and George Washington. There is no room for the timid, the squeamish or the emotionally handicapped.

Though the motivations of these new leaders differ, they are united in their determination to succeed at any price. Kwame Nkrumah of Ghana probably was driven to his determination by the "black man" treatment given him during his student days in the United States. "Bury me alive if I do not free my people," he wrote home to black Ghana. Ahmed Ben Bella, now Premier of newly independent Algeria, may have been stirred to uncompromising quest for power by his having been denied



TERROR waged against the populace was an integral part of the successful Algerian revolt.

A PLAN TO FREE CUBA

SANCTUARY was missing, and Hungarian Freedom Fighters were trapped by Soviet tanks.





HELP FROM ABROAD, in this case by U.S. soldiers in Vietnam, is a necessity.

An expert spells out a strategy for putting Castro out through the same door by which he entered—by revolutionary tactics which the world has approved.

**By Brigadier General FRANK L. HOWLEY, Ret.
Former Berlin Commandant**

POWER AND PROPAGANDA keep Castro in, and can as well be used to push him out.



promotion from sergeant to lieutenant in the French Army. Sekou Touré in Guinea, Castro in Cuba, Adoula in the Congo, Sukarno of Indonesia are individuals. Labeling the new leaders "communists" may or may not be accurate. Even when accurate, it does not explain everything. It is true that they follow the communist pattern for success. They would follow our ideas as readily if our advice would enable them to wage successful revolutions.

Given leadership, the first great need of a modern revolution is a *sanctuary*. The revolutionary force must have a place from which it can raid and return, where it can be armed and trained, from which its propaganda to the world and to the masses can be broadcast. Usually, the revolutionaries have a sanctuary where they enjoy the hospitality and assistance of a country which will help them to carry on an undeclared war — a war against a neighboring country — without taking the consequences of an open declaration of war.

Our introduction to sanctuaries was dramatized by the Red Chinese, who, operating from their sanctuary across the Yalu River, contributed to killing 33,629 American soldiers in battle and injuring more than 100,000 in Korea. There are other sanctuaries today — North Vietnam against South Vietnam, the Congo Republic against Portuguese Angola, Tunisia and Morocco were useful against Algeria. In a sense, East Berlin is a sanctuary against West Berlin. Cuba today is a perfect communist sanctuary for operations against all American nations.

When I visited North Africa at the beginning of the Algerian revolution eight years ago, Habib Bourguiba, thanks partially to his French wife, was enjoying the patronage and friendship of France while he was giving sanctuary in Tunisia to the revolutionary force attacking the French in neighboring Algeria. Passing through the Tunisian sanctuary to the rebels were leadership from the army general staff of Egypt and modern arms from Czechoslovakia. The old-fashioned French naval blockade was almost completely ineffective. Three submarines acquired by the Egyptian government, carrying men and arms, simply traveled underneath the French ships.

In 1954, I visited Guatemala two weeks before the successful counter-revolution against the communist infiltrated government of Jacobo Arbenz Guzmán. This revolution could not have succeeded without the sanctuary of Nicaragua from which planes flew and the little armed band of Lt. Colonel Carlos Castillo Armas made its beginning.

For lack of a sanctuary, the French
(Continued on page 44)

RUNNING HARD on the heels of the common cold is insomnia, which has become, next to it, our most prevalent national complaint. A recent Gallup poll showed that 52 percent of adult Americans suffer from chronic or occasional sleeplessness, which is a much higher percentage than in other countries. In Norway, only 15 percent of folks lie awake nights, while over here insomnia is so common that every general practitioner is besieged by patients clamoring for the sandman.

According to surveys of *The American Druggist*, more prescriptions were filled for sedatives and tranquilizers during 1962 than for any other group of medicines except the anti-infectives, and a large proportion of these prescriptions were written by doctors for one purpose — to make people sleep. At the same time, the drug industry went to town with over-the-counter sleeping pills of all kinds, and a vast number of antihistamines and simple pain-killers such as aspirin tablets were consumed primarily to promote slumber.

All told, the public is spending well over a million dollars a night for drugs to induce sleep. And that doesn't include the millions being poured into other sleep aids such as bedroom humidifiers, tranquilizer bath kits, vibrating mattresses, whispering pillows, dulcet recordings of soporific music, sleep masks and even electric scalp warmers for baldheaded men to wear when they go beddy-bye.

This all-out campaign against insomnia might lead you to think it a killer, but it is not a deadly disorder or, in most cases, even a disabling one. The fact that a lot of us are not sleeping as well as Americans used to sleep is merely a minor side effect, medical men say, of the increased tempo and tensions of modern life.

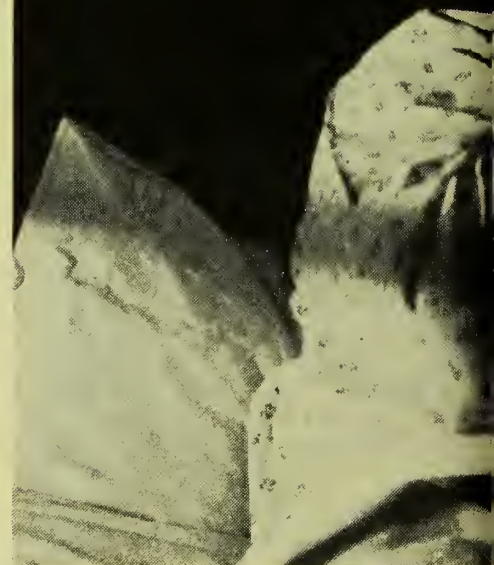
Not as many people tire themselves out daily with hard physical work as in former years, the doctors explain, but more of us are subject to emotional conflicts, suppressed aggressions and worries over job or home problems. These tensions tend to keep our nerves taut after we hit the sack and thus make it hard for us to fall asleep.

Recent research in a number of different places has shown, however, that most of our tensions can be eased and that the average person can overcome his insomnia, or learn to live with it on reasonably agreeable terms, if he will observe a few sensible precepts, some old and some new, in the realm of physical and mental hygiene.

The very first thing to understand about insomnia, say men who have spent their lives studying it, is that you probably have less reason to be deeply concerned about it than you think you have. Nearly everybody is unable to sleep at times, especially during the later years of life, but most people who think they lie awake all night actually do quite a bit of sleeping without realizing it.

This was proved a few years ago by studies made in the Sleep and Dream Project at the University of Chicago,

How to SLEEP WELL



TEN WAYS TO FETCH THE SANDMAN



Find out how much sleep you need and establish a regular sleep pattern by going to bed at the same time every night and getting up at the same time every morning.



Don't take cat naps before bedtime. A nap is such an effective way of relieving fatigue that 40 winks in an easy chair may cost you hours of real sleep in the sack.



Get enough physical exercise each day to feel fatigued. But don't take your workouts just before bedtime since they can wake you up instead of making you drowsy.



Before retiring, soak for 20 minutes in a tepid bath (100 degrees Fahrenheit), pat but don't rub yourself dry, then slowly walk to a prearranged bed and crawl into it.



Unless you know from experience that coffee or tea won't keep you awake, avoid these stimulants for three or four hours before retiring. A nightcap containing alcohol helps some oldsters to sleep.



Arrange sleeping conditions to meet your own ideas of comfort. If soft music or the sounds of ocean surf or pattering rain will help you to sleep, procure devices that produce such sounds.



Don't go to bed with your stomach too full or too empty. Your stomach can digest anything at night that it can in the daytime, but don't eat too much of it.



Lie on your side, breathe slowly with mouth slightly open, and relax each part of your body, starting with your toes. If worries keep you awake, rout them with happier thoughts or by counting sheep.



Avoid exciting activities, conversations and television programs before retiring. And don't go to bed angry. If you like to read in bed, pick modern poetry or something equally dull. (Ed. Note: *Author's Opinion.*)



If you still can't sleep, don't let that fact disturb you. By simply lying in a horizontal position, completely relaxed, you will do yourself almost as much good as if you were enjoying a deep slumber.

where a number of "insomnia victims" were shown by electroencephalograms of their brain waves to be asleep. When gently awakened by researchers and asked "Were you sleeping?" they almost invariably replied "No" or "I should say not." But after a moment's reflection most of them added a bit sheepishly, "Now wait a minute, maybe I did drop off just for a second."

Most of these "insomniacs" were surprised to find they were regularly catching some shut-eye after all, but even if they hadn't been getting a wink they would not necessarily have been in a bad way. Other research has shown that the ill effects of lost sleep can be quickly remedied and that the exhaustion resulting from even three sleepless nights in a row can be relieved in a normally healthy person if he gets a three-hour nap plus one full night's sleep.

Anyone who is deeply worried about not sleeping should consult a doctor, of

A compendium of science and common sense on good sleeping methods for restless America.



PHOTO BY BENN MITCHELL

course, and the chances are a doctor can help him. Thanks to a number of modern drugs, physicians are able to prescribe non-habit-forming sleeping pills that are highly effective and usually can be taken over long periods without impairing the health. Dr. Henry Beccher of Massachusetts General Hospital has made studies that indicate that barbiturates — which are commonly prescribed in sleeping pills — tend to cut down a person's efficiency a bit the next day, but perhaps to no greater extent than would loss of sleep.

If sleeping pills are used regularly, however, they become "crutches," the sleep psychologists say, and most of them contend that drugs are unnecessary if we will only develop correct physical habits and mental attitudes in regard to slumber.

After making up your mind that lying awake now and then isn't the worst catastrophe that could befall you, the

next thing to do is to establish what Dr. Nathaniel Kleitman, famous authority on sleep at the University of Chicago, calls a "sleep cycle." You can do this by finding out how much sleep you need every 24 hours and then going to bed and arising at regular hours every day in order to get it.

If you are a normal grownup, probably the amount of sleep you need will be between six and ten hours. Thomas Edison is reputed to have gotten along handsomely on only four hours sleep a night, but people who worked closely with the electrical wizard say he did a good deal of cat napping during the day. The average amount of sleep needed by an adult has long been set at eight hours and an experiment conducted during an Arctic expedition indicates this is a pretty reliable figure. Permitted to sleep as long as they wished during the long arctic nights and with no rising sun to awaken them, expedition members

were found to average 7.9 hours per man.

Since you are an individual and not an average, however, the only way you can determine how much sleep you need is by testing yourself. You can do this by sleeping various lengths of time on different nights and keeping score on how well you feel and how efficiently you function on each of the following days. Then, when you find the amount of sleep that serves you best, you will know the amount to provide for in setting up your sleep cycle.

The experts say that there are a couple of important points to keep in mind when determining your sleep needs. For one thing, if you get up still feeling tired after x hours of sleep, that does not necessarily mean that x hours are not enough for you. The body's efficiency is at its lowest point just before we awaken, as it is just before we go to sleep, and comparatively few people wake up bounding with energy. It is how you feel throughout the *whole day* and not just in the morning that tells whether or not you have had enough sleep.

Another thing to remember if you feel groggy when the alarm clock rings is the fact that it is possible to get too much sleep as well as too little. Psychologists have found that a good many people sleep longer in the morning than they need to because the day's work which lies ahead is not appealing to them or because they are a bit lazy and know that if they get up when they first awaken they will have to prepare their own breakfast. How much you *can* sleep is not a reliable indicator of how much you *need* to sleep.

It is unwise to jump to conclusions concerning your sleep requirements for still another reason — there is considerable evidence that a lack of sleep can sometimes temporarily increase a person's ability to perform certain tasks.

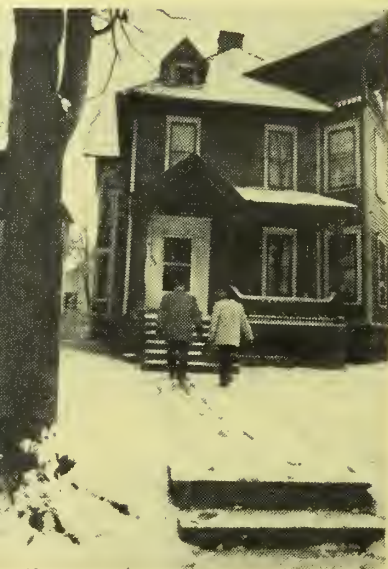
At Yale University a couple of years ago, a group of students were asked to solve difficult problems in multiplication after eight hours and again after six hours of sleep. To the surprise of those giving the tests, it was found that the students' speed and efficiency was a bit higher after six hours than after eight hours. Again, just a few months ago at Cambridge University in England, a number of Royal Navy volunteers who served as guinea pigs did better at intellectually stimulating activities, such as playing chess, after being kept awake for 60 hours than they did after a normal night's rest.

But there was another side to both these cases. Metabolism tests showed the Yale boys expended three times as much energy doing the math problems after six hours sleep as they did after eight and the British sailors who were

(Continued on page 42)

Our Youngest Medical Students

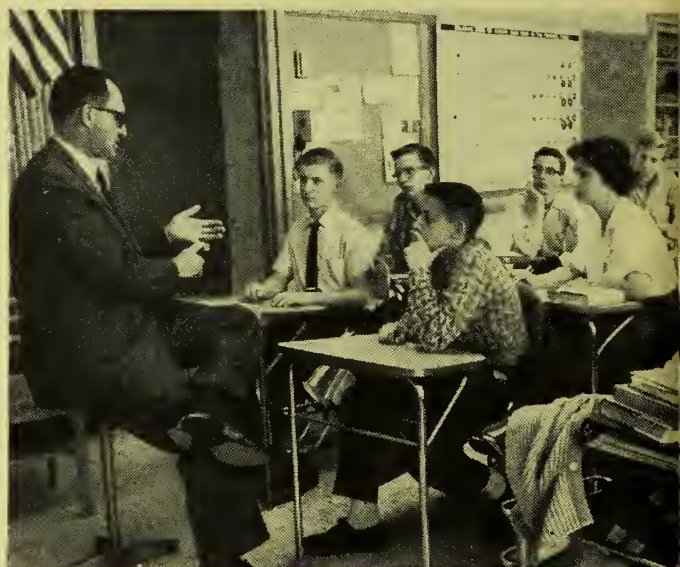
Many steps are being taken to lick the increasing shortage of doctors



PHOTOS BY MEDICAL WORLD NEWS



Francis Gow, 16, makes a house call (left) in Binghamton, N.Y., with Dr. Anthony Meloro, and, (above) follows the diagnostic procedure.



Dr. R. Fruchtbau explains medical ethics to members of the Future Physicians Club of Nutley (N.J.) H.S.

By ANN CUTLER

ALL OVER AMERICA, busy doctors, high priced surgeons and specialists who are leaders in their field are taking time from their practice to lecture to high school students, to act as guides on field trips, and to explain knotty medical problems to youngsters they fervently hope will at some future date answer to the title of "Doctor." These youngsters, who are getting a preview of what it's like to practice medicine, are members of Future Physicians Clubs, which are one of the answers to the drastic doctor shortage threatening this country.

Under the expert guidance of eminent physicians, bright teenagers are encouraged to think of medicine as a way of life and to plan ahead for the years of study and work that are needed to place an M.D. after their name.

The lack of doctors available during times of stress has been discussed with varying degrees of passion and emotion during the past few years. Patients unable to get medical care in an emergency, those who find doctors too busy to make house calls, or who have to spend hours waiting in a doctor's office only to be shunted off with a hurried conference, have known that something was drastically wrong. But just how bad the situation has become was revealed

to the public only recently when the American Medical Association disclosed, for the first time, that lack of adequate medical care is threatening our entire country. The Association pointed out that if drastic measures aren't taken to urge young people into the medical profession, the situation will become crucial within the next ten years.

A committee of 22 specialists on medical research and education pointed out that in 1931 we had 108 privately practicing physicians for every 100,000 people; in 1957 we had only 91 for every 100,000. If present trends continue, we'll have only 85 for every 100,000 by 1975.

Already there are communities that need two or three physicians and have only one; some communities have none and cannot find one. Yet statistics show that, due to the rising standard of living, the growth of health insurance, increasing urbanization and the growing proportion of children and aged persons in the population, patients are increasingly demanding more and better medical care.

Pointing out that it is to their own interest to recruit medical students (since the doctor shortage would inevitably mean more work and longer hours — the typical physician today works 60 hours a week but he may well

be putting in 75 hours before the decade is over) the AMA urged every dedicated doctor who loves his work and mankind to become a walking one-man "Future Physicians Club." The idea of these clubs is to "sell" medicine to the coming generation. For the fastest and easiest way to solve the acute doctor shortage is to recruit more qualified high school graduates into medicine, and through fellowships and loans eliminate or minimize the economic barriers to a medical education.

Today's doctors were warned that the problems would not be easy. "Medical school isn't popular any more," Drs. Bruce H. Carney and Manuel A. Bergnes of Norristown, Pa., said in an astute analysis of the situation. "The pleasant fiction that there were at least ten applicants for each seat in the freshman class has been nothing but fiction for years."

There was a time when our medical and dental schools could virtually take their pick among the nation's outstanding college graduates, but this is no longer true. Today, the talented high school student is torn between many avenues — he receives shining bids from other scientific fields, big business beckons. The advantages are weighted heavily against medicine. If he chooses medicine, he faces 12 to 16 years of hard work and sacrifice, if he selects



The emergency room of a Bloomfield, N. J., hospital plays host to Future Physicians from nearby Belleville High School.



Pelvis X-Ray studies are made by Weequahic H.S. Future Physicians at the Newark (N.J.) Beth Israel Hospital, under the guidance of Dr. Harvey P. Einhorn

another career there is the promise of a scholarship and a secure position when his education is completed.

In the past ten years, medicine as a career has been steadily losing ground. The Association of American Medical Colleges and the U.S. Bureau of the Census made public these startling figures: In 1949, with the population at 149.2 million, 24.4 students per thousand were applying to medical

schools across the country. In 1959, with the population at 177.1 million, only 15 students per thousand applied to medical school. And to make matters worse, there has been a steep and alarming decline in the percentage of "A" medical students; from 40 percent of the 1948 freshman class to 18 percent in 1958—with the result that more and more medical students are flunking out. The casualty rate of medical students

rose from 3.4 percent in 1954 to 5.6 percent in 1957, not because the courses were more difficult, but because the calibre of students who have been enrolling in medical school has steadily gone down.

Spelling out how to inveigle qualified young people into the profession, the AMA told doctors to emphasize the positive, to change their public "image." In a stern editorial, Dr. Carney Bates told private physicians to stop defending their high incomes by continuously pointing out "our long hours of work and years of preparation.

"We must sell the public the idea that we are highly satisfied with our working conditions and that we are more than adequately rewarded for the work we do," said Dr. Bates. "Every time physicians openly indulge in self-pity because of their long hours, they automatically discourage others from coming into the field to share the burden of those long hours.

"Students should know that modern practice holds economic security, that the hours are not as long and grueling as those an older generation knew, the rewards are excellent and the chances of saving lives and alleviating suffering become more available by the day.

"Students who fear that medical school is too tough should be assured that it is not necessary to be straight "A"

(Continued on page 34)



Everything in the place is for sale, at collectors' prices, including the food.

A GOURMET'S-EYE VIEW OF WAYSIDE INNS and WAYWARD TAVERNS

Concerning those quaint eating places that stuff their customers full of atmosphere.

By W. F. MIKSCH

THE MORE I GET touted into "Approved" restaurants by self-styled food authorities, the more I am convinced that *Gourmet* is a French word for a jerk who would rather admire an old spinning wheel than eat a good dinner.

Time was, the hungry traveler would come—as the poet put it—riding, riding, riding up to the old inn door and shout, "Yoicks, landlord! Stable my steed and serve up some vittles!" Then he would settle down to chomping his way through a saddle of venison, a whole partridge, a brace of buffalo chops, a stuffed muskellunge and 17 other courses without

batting an eye unless the innkeeper tried to charge him more than 75 cents for the works. In which case, he would bat the innkeeper.

At least he didn't rush right out to write a piece for the magazines about how "ye nexte time ye are in Deeapham Bog on ye Boston Poste Road (Connecticut Turnpike Exit 55½) bye all meanes stop at Ye Olde Busted Bottle, a quainte hostelry whiche features ye finest collection of pewter candle-snuffers anywhere about." Nor did he snoop through the kitchen to check on the pot bottoms and maybe steal a recipe for his gourmet column. Nor did he nail a sign on the old inn door to the effect that the

place was now "Recommended by Ye Galloping Gourmand Societie." He simply ate and ran—or he foundered at table between the fish and fowl courses.

Today, it would seem we travelers have become so surfeited and jaded that the simple act of eating a good meal isn't enough. It isn't even the main thing. If we are going to bore other people afterwards with our adventures, then we must have antiques to inspect, souvenirs to take home, peppermills so tall that one must stand on a ladder to twist them, plus a string quartet playing. Oh, yes—and a menu as big as a circus poster written entirely in one of the Romance languages; if you are given a menu printed in English that can be held in one hand

ILLUSTRATED BY BOB BUGG

without your wristbone becoming disconnected from your armbone, then you are in the wrong restaurant. (A "wrong" restaurant is one that serves rich, brown gravy instead of *Sauce Bearnaise* because the chef hasn't learned to chop tarragon.)

Maybe it all started with Duncan Hines. Or it may result from our current mania for foreign travel which seems to bring us back to our shores as raving gastronomic sophisticates, no longer able to stomach even a cheese sandwich un-

find it more than sufficient that books, movies, plays, concerts, TV programs and records must be reviewed for me by the critics. I'd much prefer not having my clam chowder criticized before I eat it. I've traveled enough highways and ingested enough bicarbonate to have formed a few opinions of my own.

I do not, for example, stop at wayside caravansaries where there is a wagon wheel or wishing well sunk in the front yard, or where basketware and maple sugar candy are on sale. I do not con-

sider trucks parked out in front of a diner a good sign; they may be there only to repossess the kitchen equipment. Nor am I taken in by the cafe where a block-long queue is waiting to get in—this to me only proves that either the service is slow or that everybody has been reading the same "dining out" column.

However, since gimmicks are the gastronomic order of the day and eating vicariously is all the rage, I shall no longer be a foot-dragger. Here, from your friendly old Table Hopper and Kitchen Snooper, are some of his own high adventures in highway dining. As for my personal approval, each place mentioned bears my stamp; I only wish I had stamped harder.

OLD BUCK BUCKLEY'S SAFARI INN — One of the most unusual restaurants you are likely to find is Old Buck Buckley's Safari Inn on Route 1313 not too far from Ghoul, Nev. It is run in conjunction with Old Buck's Wild Animal and Snake Farm and is truly a paradise for the gourmet sportsman. If your fancy runs to hippo steak or prime ribs of rhino, you can't do better anywhere. The reason is, all the meat is fresh. If

(Continued on page 40)



At the Safari you pick the beast you want to eat and shoot it yourself.

less it is drowned in *rémoulade*, served up by a dwarf wearing golden earrings, and eaten in a castle decorated with Bayeux tapestries and 13th century armor.

Whatever accounts for the phenomenon, restaurateurs have proved quicker on the pickup than a Times Square B-girl. If the dining public wants gimmicks, then gimmicks they will get — and to hell with the soup pot. The modern restaurant proprietor is so busy stringing fish nets from the ceiling, dusting off the grandfather clocks, and nailing photos of film stars on the walls, that there must be days he never gets around to lighting his ovens.

He relies entirely on two things: 1. atmosphere, and 2. a "good press." It is a safe bet that half the diners in any well-publicized restaurant are freeloaders who have come "to do a story for the papers afterwards" — just as soon as their stomachs have been pumped out.

It is all but impossible anymore to pick up a newspaper, magazine, or Sunday supplement without having to wade through columns about what somebody else had for breakfast the last time they were in Niagara Falls and how the dining room was decorated. Personally, I



In days of olde, the hungry traveler would come galloping up to ye inne . . .



Dahlstrom

By Maj. WILLIAM F. DAHLSTROM

As told to
JIMMY JONES

AFTER LANDING with a special unit (G-3) of General Douglas MacArthur's troops at Lingayen Gulf in the Philippines, in February 1945, we set out across the Luzon plains toward Manila, the capital city. For two years I had been slogging my way as an infantryman through the jungles of the South Pacific, all the way up from New Guinea, and like everyone else in the invading American forces, I was anxious to get it over with and rejoin my family in the States. But destiny had other plans for me.

Everywhere we looked there was destruction, but it was beautiful to behold — for General MacArthur had made good his famous slogan that every Filipino buffalo driver and rice farmer lived but to hear — “I have returned!” We did not know it then, but the three dynamic words, “I shall return,” plus faith in God, were all that kept alive nearly 9,000 American and Allied Nationals who were barely existing in Old Bilibid and Santo Tomas, two grim and dreary Japanese prisons in the heart of Manila.

Old Bilibid, the smaller of the two, had been an old Spanish fortress, complete with dungeons, chains and six-foot-thick walls. It held 479 prisoners, who were first interned at old Camp John Hay at Baguio in the Luzon mountains for nearly three years and then transferred in trucks to Manila when American invasion threatened in December, 1944. Santo Tomas, about a mile away, was the oldest and best known university in the Far East prior to World War II. It had been founded by Dominican priests in the early 17th century.

Santo Tomas held about 8,500 internees at the time of the liberation. Many of these lived outdoors within the enclosure, in nipa shacks (crude open air huts with palm-thatched roofs). General MacArthur knew about the two prisons and was greatly concerned for the safety of their inmates. Upon reaching Manila, his first order was to liberate and repatriate the prisoners.

The Release of the

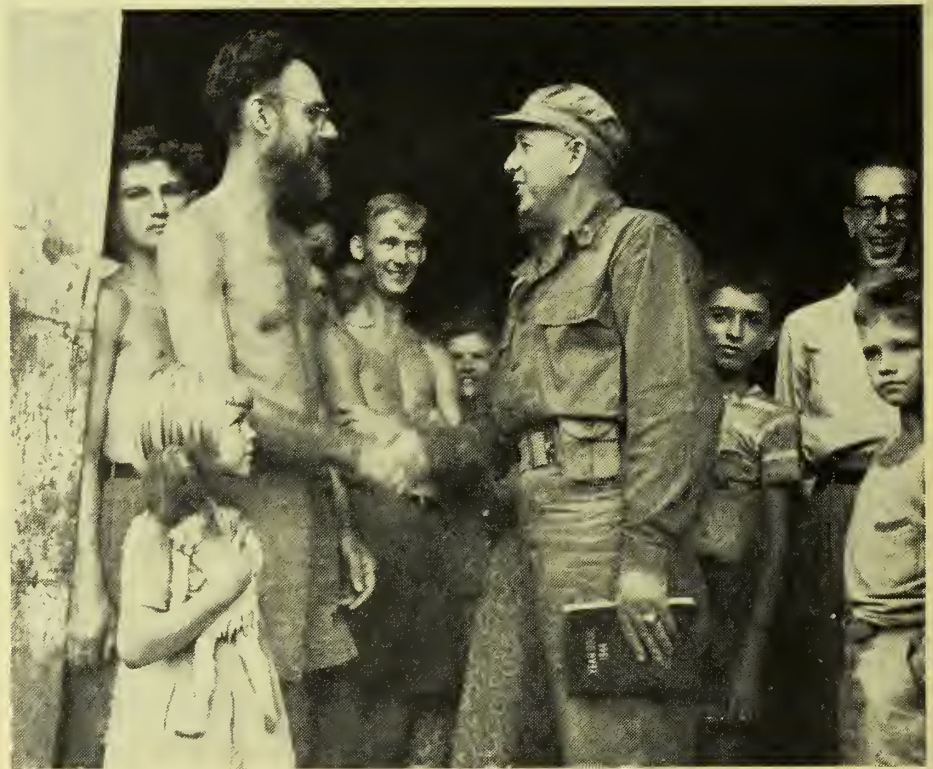
Memories of a soldier who was given a unique mission in the midst of the 1945 battle for Manila.

The battle of Manila, known as the “Siege of Manila,” was raging as we approached, and the once beautiful Philippine capital was on fire.

I had been riding “shotgun” in a jeep for Lt. Col. Robert C. Bogle of Redwood City, Calif., during the Battle of Luzon, and being an infantry officer I naturally assumed that Manila meant more combat. But Colonel Bogle, a petroleum engineer for the Southern Pacific Railroad

“Captain Dahlstrom, get your equipment; I have a special job for you.”

I grabbed my carbine, helmet and musette bag and followed him. We left the safety of our fortified area and started walking up the middle of the street to keep away from falling debris. Curious as to our destination, I asked the Colonel what he had in mind. He replied curtly: “It’s a long story, Captain, but briefly, Japanese Prison Camp No. 3 (Old Bilibid)



Dept. of Defense Photos

Liberation at last for obviously happy Western civilians who were incarcerated in Old Bilibid throughout the war. Here, Brig. Gen. Fellers, MacArthur's secretary, greets A. C. Skerl, British geologist and one of the 479 prisoners, at the time of the rescue.

in peacetime, soon made it known he had other plans for me.

Early on the morning after our arrival, the Colonel walked into my temporary billet, established in one of the few buildings left standing in Manila, and snapped an order at me.

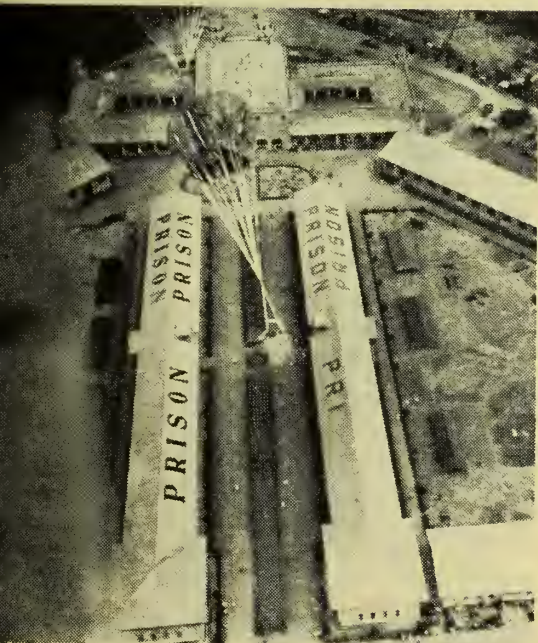
ILLUSTRATED BY GEORGE WILSON

bid) has just been liberated and we need someone to take over. . . .”

Appalled at the suggestion, I protested vehemently that I knew nothing about running a prison. The Colonel was firm. “You’d better start learning,” he said, as we strode along through the chaos of a dying city. Bogle, a bantam-sized en-

BILIBID PRISONERS

The Bilibid guards left hurriedly when the tanks proved to be American.



With war raging, the prisoners weren't yet free, and we air-dropped supplies.

gineer graduate of Texas A. & M., was a man of few words.

After walking several blocks, we came to a large stone edifice in the center of the city. Dingy looking, with massive gray walls, it reminded me of a medieval castle without the moat.

"This is it," Colonel Bogle said, somewhat ironically. "Old Bilibid itself. . . ." As we entered the front gate, Bogle continued to brief me. "Yes, this is Old Bilibid, and within these walls are 479 American and Allied Nationals whose only crime is that of being citizens of a country at war . . . your job will be to feed, clothe, rehabilitate and then repatriate these people."

The Colonel told me that there were 119 children in Bilibid . . . that all the gas, water and electricity had been cut off . . . that there was almost no food and nothing to cook it with. As the Colonel spoke, his words were punctuated by the sounds of artillery fire and shells shrieking overhead. The battle for the old walled city of Manila was raging a mile away across the Pasig River and

our artillery was trying to blast down its thick walls with 240-mm shells. I was scared stiff — but not at the sounds of battle. It was my newly acquired and unsolicited assignment as the first American Commander of this famous and forbidding old prison that terrified me.

Inside Bilibid, we went to the rear of the prison, walking along dark corridors and passing several compounds to get there. Here we viewed a small three-story, dilapidated building with no roof. The roof had been blown away by shell fire. This was Prison Camp No. 3 and in this wrecked building were the internees. They had been prisoners for nearly 40 months, and were now mostly skin, bones and rags. I recoiled at the sight and was almost overcome. Then a great surge of pity and admiration for these thin, ragged people engulfed me. I had been baptised in the Quaker faith and had dedicated my life to the service of humanity. In a flash, I knew the reason why I was here. God had called me to this assignment, and I longed to tackle it.

(Continued on page 48)



Men of Muscle

Championship form doesn't always mean a perfect body in the sports world.

By DUANE DECKER

THE KID SAT UNNOTICED among the Army inductees until they were all told to strip for the physical check-up. Then the examining doctor's face revealed awe as he went over the kid's well-proportioned body. "What sport do you star in, son?" he asked.

"None, doc," the kid replied. "I swim a little, walk a lot, bowl fairly regularly in the 150's and shoot weekend golf in the high 90's."

"But those muscles, that deep chest..."

The kid shrugged. "Down at the 'Y' I fool around with the bar bells once in a while. But I'm no good at any sport at all."

Still, this duffer had produced the kind of symmetrical, well-rounded body that all men want. The doctor understood. It was almost axiomatic with him that the superstars of the wonderful world of

sport who came his way turned out to be physical misfits with their clothes off. Why? Because the superstar became a champ by *overusing* one or more members of his body. Some superstars did it inadvertently, some did it deliberately.

You doubt it?

On the inadvertent, or accidental side there is the case of Whitey Ford, the \$50,000-per-year pride of the New York Yankees. It's no secret to his teammates that Whitey became an offbeat physical specimen during the years that it took him to become the renowned pitcher that he is today.

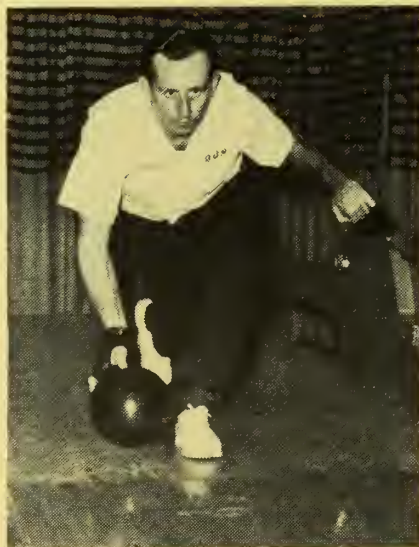
When Whitey first turned pro and reported to the Class C Butler, Pa., Yankees some 15 years ago, he was a completely symmetrical 5-foot 10-inch tow-headed exhibit of young American manhood. Today, roughly 30,000 pitches later, such complete Ford symmetry no longer exists.



Top karate man Mas Oyama splits bricks barehanded in this high speed photo.



Ethiopian Olympic marathoner Abebe B.ikila trains and races barefooted.



Champion bowler Don Carter has fame and fortune along with a brawny right arm.

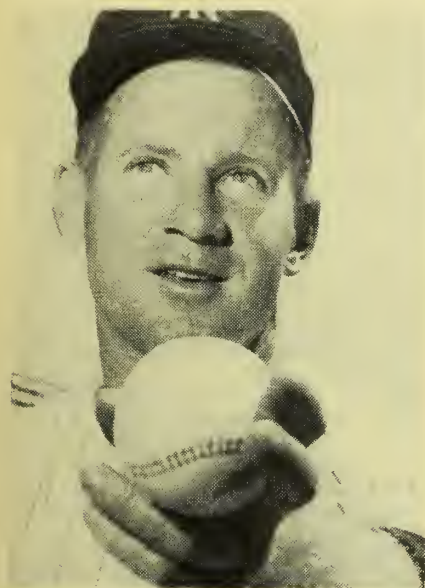
"I'm reminded of it," he admits, "when I go to have a suit made, or have a physical exam by a doctor."

The fact is, Ford's left arm is now almost a full inch shorter than his right one. Not only that, but — as doctors always mention — his left shoulder is a puffed-up version of his normal right one.

Furthermore, his left hand would defy detection by fingerprint specialists of a homicide squad, in that those tips have been glazed to smoothness, the natural whorls crased by endless trips to the resin bag. And finally, this superstar has a bony lump as big as a marble on the inside edge of his left elbow, the result of countless curves thrown at American League sluggers down through the long

years. Carl Hubbell, the New York Giants' greatest southpaw of all time, ended his career with his left arm twisted far out of the normal shape of his right arm from throwing his specialty — the screwball.

Not that baseball players hold a franchise in the department of accidental body development. In bowling, two of the top money stars reveal physical disproportions derived from their overin-

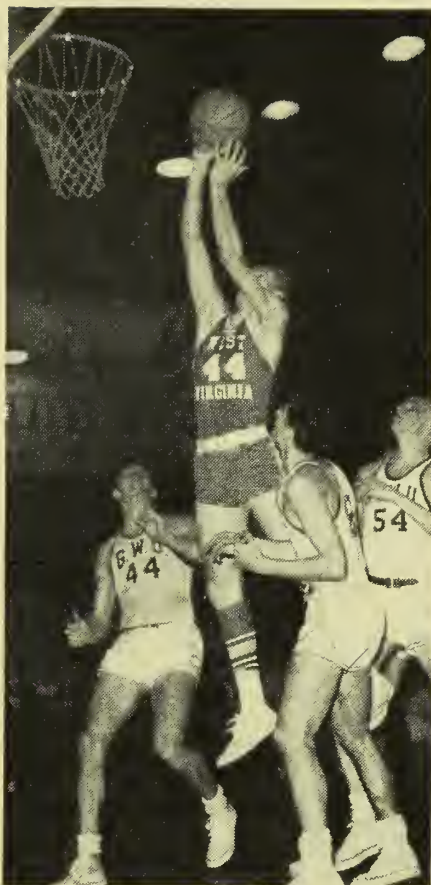


Yankee pitcher Whitey Ford has slick fingertips along with baseball honors.

dulgence of many years in one sport.

Ace Don Carter has one arm that is longer and more fully muscled than the other — in his case, the right arm. And Lou Campi, who has gained almost as much fame and money as Carter in the bowling world, has overdeveloped muscles in his back as well as his right arm. In both cases, these physical developments are out of proportion to the rest of their bodies.

Perhaps the most noticeable *super*-development of a single aspect of the body belongs to champion bicyclist Rik Van Looy of Belgium, better known in racing circles as "The Emperor." So taxing on the human body is the sport of road racing that few champs enjoy more than a two- or three-year reign. But Van Looy has been supreme for 12 years. Even now, pushing 30, when most cyclists are considered washed up, the Emperor is at his peak. He's already won 328 races, more than any other cyclist in the world. But he has paid for his \$150,000 salary per year, for his \$100,000 home in the town of Herentals, and for the financial gravy that pours in from the use of his narrow, haughty face on billboards and posters scattered over Europe to sell everything from beer to razor blades. How has he paid? Through the accidental incongruities that have developed in his body from years of en-



Jumping Jerry West, long-boned and flat-muscled, goes up for the basket.



New Zealand's Peter Snell is a top miler even though he doesn't look it.

during the road racing grind. He's turned into a man with a chest in which bones are visible and whose shoulders and arms are unimpressively normal. In startling contrast, he has massive, muscle-knotted

legs that *are* spectacular in comparison to those of the average man's — legs that are able to power a lightweight (17 pound) aluminum racing bike at a speed of 30 miles per hour for hours on end — and 40 miles per hour in a sprint. No living cyclist can match his speed, stamina and audacity. But he has more the physical look of a spasmodic weekend sports duffer than the true champion he is.

Then take football — the pro variety. Bobby Layne, who has had a long and honorable quarterbacking career with the Detroit Lions and the Pittsburgh Steelers, said in a story in the Saturday Evening Post: "Although my best playing weight is around 200 pounds, there have been many times when I've had trouble keeping my belly inside my belt. Most of our good pro linemen have a distinct puffiness around their waists. But make no mistake about it, we need that pudding in our line. It's a long hard season and if you come into it drawn lean and svelte to look at, like a thoroughbred horse, you're going to wear out — but fast. I don't sleep much, either, during the season. Five to seven hours does it. Because if I go to bed early, I get up early and it gives me more time to think



Pole vaulter Don Bragg's massive arms and shoulders whip him over the bar.

about the game than I should. The night before our championship game against Cleveland in 1954, Coach Buddy Parker asked us all to be in bed by 10 p.m. We were. And we got beat 56-10. I do my share of drinking and staying out late because I want to avoid thinking about that game coming up. Our linemen are overdeveloped through the waist, our place-kickers, in due time, are overdeveloped in the size of the foot — especially the toe. Lou (The Toe) Groza was a prime example of that particular freakish development."

(Continued on page 38)

A Legion Guide for 10th and 11th Graders and Their Parents

(Condensed from the leaflet "A guide for Parents and Students" available in bulk for distribution to schools and homes at \$5 per thousand from American Legion Americanism Commission, Dep't MP, PO Box 1055, Indianapolis 6, Ind.)

INTRODUCTION

There's plenty of opportunity for well-trained people, but things are getting tougher for poorly trained people. High school sophomores and juniors should be planning their training beyond high school now. The senior year is *late* for informing yourself. These words are offered as a basic guide for 10th and 11th graders and their parents to consider *right now*.

CAREERS AND SCHOLARSHIPS

The American Legion's booklet, *Need a Lift?* (see "publications" in center box) lists sources of information on training for many careers — on courses to study, where to study, job opportunities, pay, etc., for different careers. *Need a Lift?* also lists sources of many scholarships. Thousands more are also available, some perhaps in your own community. Publications listing more scholarships are also named in *Need a Lift?*

After you've selected your prospective course of study and the college you want to attend, *write to the Admissions Officer* of that college to ask about the admission requirements and the possibility of scholarship. The U.S. Office of Education polled 1,677 institutions and found that they had 287,589 scholarships worth more than \$98 million.

NO SCHOLARSHIP?

Don't give up on financial grounds if you don't get a scholarship. Most colleges have loan funds, and some organizations also make student loans. Usually the interest on student loans is low or there's none at all, and repayment isn't required until after graduation. It's said that a man is a fool not to bet on himself. You're betting on yourself when you borrow to go to college.

There are also many opportunities for part-time jobs at college, and most colleges have employment offices to get jobs for students. You shouldn't work during your first year if you can help it, as you may need to spend full time on your studies. Some 341,000 college students are earning \$98½ million in part time jobs.

If you really want to go to college you can do it. Early planning and early advice from qualified people and sources of information are all-important.

ELEVEN STEPS TO YOUR FUTURE

1. *Choose your vocation as early as possible.* The sophomore year of high school is not too early to start planning for your future. Get some experiences in the various occupations. Talk to adults who are actually working in the field of your interest. You will find that most adults and firms welcome your questions and want to help you.

2. *If you have no idea what you want to be,* plan to take a liberal arts college education (general higher education) until such time as you know more definitely what road you will want to follow. Do not postpone informing yourself about higher education simply because you aren't yet sure where you're going.

3. *Select your college or vocational school.* Investigate the schools which offer training in the field of your choice. Talk to people who have attended these institutions if possible. Find out the cost of your proposed course and what scholarships the school you selected offers. (See *Need a Lift?* page 2)

4. *Plan your high school program.* Certain courses are required for entrance to college. This is one reason why it is *very* important to start planning *now*. The

catalogue of your chosen school will tell you what courses you should take. Your high school counselor will help you.

5. *Learn to study.* Your teachers can help you learn good study habits for various subjects. Work hard to improve your study habits. You'll be glad you did.

6. *Make good grades.* Grades of "B" or better are called "recommended" grades. You must have recommended grades to be eligible for most scholarships. Good grades are important. If you are not getting recommended grades, talk to your teacher about your difficulty.

7. *Become a well-rounded individual.* Develop hobbies and participate in school, community, and church activities. Broaden your fields of interest and experience.

8. *Keep informed on scholarships.* Many local scholarships are available. Watch for announcements on school bulletin boards, in school and local papers. Ask your parents if organizations to which they belong offer scholarships. Check other sources in your public library.

9. *Learn about scholarship requirements.* You will have to take some tests for most scholarships. The College Entrance Examination Board (CEEB) runs the main tests all over the country.

10. *Prepare for scholarship application early.* Get references, transcripts, and other material in order long before the deadline. Obtain scholarship application blanks by December 1 of the year before you expect to start college.

11. *Ask questions.* If you have any questions or problems, seek advice. Counselors, teachers, and your parents will be glad you asked them. They won't make your decisions for you — that is your responsibility.

THE MAIN AUTHORITIES

College entrance is controlled and guided chiefly by (1) the Admissions Officers of the colleges and (2) by the College Entrance Examination Board (CEEB).

The CEEB administers qualifying examinations for many but not all colleges and universities throughout the country,

(Continued on page 32)

PUBLICATIONS

"Need a Lift?", an annually revised 100 page handbook. By The American Legion's Education and Scholarship Division. Helps students, parents, and counselors get current info on careers and scholarships. The American Legion Americanism Commission, Dep't ML, P.O. Box 1055, Indianapolis 6, Indiana (25¢)

"Financial Assistance for College Students, Undergraduate." Lists scholarships, student job opportunities and loans available at colleges and universities in each state. Compiled by the U.S. Office of Education as Bulletin 1962, No. 11. U.S. Government Printing Office, Washington 25, D.C. (\$1.25)

"How to Study." A booklet to help high school students develop effective study habits. American Guidance Service, Inc., 720 Washington Ave., S.E., Minneapolis 14, Minn. (75¢)

"How About College?" For parents of college-bound students, by American School Counselor Assn. A division of the American Personnel and Guidance Assn., 1605 New Hampshire Avenue, N.W., Washington 9, D.C. (30¢)

"How to be Accepted by the College of Your Choice" By Benjamin Fine. Published by Popular Library, 355 Lexington Avenue, New York 17, New York (75¢)

"The Cost of Four Years of College." Costs of tuition, fees, board and room at most colleges in the U.S. and Canada. New York Life Insurance Co., Career Information Service, Box 51, Madison Square Station, New York 10, N.Y. (free)



A DIGEST OF EVENTS WHICH ARE OF PERSONAL INTEREST TO YOU

WILLIAM MCINTYRE DIES; MET 150,000 DEAD OF WW2 AND KOREA IN NEW YORK HARBOR AND CITY:

New York Legionnaire William McIntyre died in New York City on March 1, at 75 . . . For 9 years, from 1947 to 1956, McIntyre met every train, plane and ship bearing WW2 and Korea war dead to New York, on behalf of the Legion's Graves Registration and Memorial Committee . . . Whenever asked by next-of-kin, he initiated steps for a military funeral by the Legion Post in the town of burial . . . He represented the Legion in 605 memorial ceremonies, and wrote approximately 10,000 letters of assistance to next-of-kin . . . He met 86 ships and 519 trains bearing about 150,000 war-dead . . . A member of Metropolitan Life Insurance Co. Post in New York City, in which firm he was a claims supervisor, McIntyre was also a past president of the Society of American Legion Founders.

EVERY AMERICAN LEGION POST ASKED TO FORM AN ACTIVE LEGISLATIVE COMMITTEE:

Every Post of The American Legion has been asked to form an active legislative committee, and to file with its state headquarters the name, address and phone number of the chairman of the committee . . . If your Post has not done so, committees are usually named by the authority of the Post Commander, and this urgent appointment should not be delayed even until the next Post meeting . . . The purpose of the legislative committee is to bring every Post into an effective battle to secure passage, this year, of important bills -- some of which have made no progress in Congress over a period of many years . . . Post legislative committee chairmen, registered with their state headquarters, may expect to be the last link in a fast-action nationwide team to provide broad support of Legion bills on a day's notice, or even less . . . Such timing is the crux of legislative work . . . Last August, when the rug was yanked out from under the proposal to reopen NSLI insurance for a year under

a surprise rule in the House, the gimmick was sprung and worked within a matter of hours . . . Later, members of the Congress explained that in supporting the emasculation of the bill "they hadn't heard from Legionnaires on the subject." . . . Under the machinery being established, if every Post plays its part promptly, the Legion could be prepared to turn loose 50 or 60 thousand telegrams and phone calls if ever again a reasonable bill for veterans should be a target for such behind-the-scenes torpedoing . . . On page 2 of this issue, Nat'l Commander Powers notes that all over the country Legionnaires have told him that they are "tired of seeing the Legion turn the other cheek in its battle for fair treatment of veterans, widows and orphans." . . . First step is the registration with your state Legion of the address and phone number of the chairman of an active Post legislative committee.

NO MAJOR VETERANS LAWS REGARDLESS OF THEIR MERITS?

At a press conference in February, Rep. Olin E. Teague stated that in view of the prospective federal budget there was very little chance of any major veterans' legislation being enacted in this session of Congress . . . Mr. Teague is chairman of the House Veterans Affairs Committee . . . The 1963 proposed federal budget is the largest in history.

Following Rep. Teague's press release, American Legion National Commander James E. Powers wrote personally to Congressional leaders requesting that, like other proposed laws, veterans bills be considered on their merits without being prejudiced in advance by general considerations.

ARE YOU SILENT ON YOUR NEEDS?

Rep. Teague's press release (see above item) is a grim warning to you if you happen to be a veteran or veteran's widow badly in need of improved pension or compensation. . . . As National Commander Powers pointed out to Congressional leaders, it appears that your plight may be dismissed out of

general considerations without much regard for the merits of your case, if the budget in general is to be cited as a final reason for bypassing your needs . . . Your own member of the House of Representatives is your representative in the House, and you owe it to yourself to let him know of your plight if you are desperately in need of the reforms which the Legion proposes in VA benefits . . . You need no call from the Legion to act if you, personally, are one of the people in need of relief . . . Write today -- and if no relief is forthcoming in reasonable time, write again . . . Tell your Representative the truth about your situation and tell him plainly . . . As you are one of his constituents, he should be interested in the merits of your case.

MOVE TO SINK HOUSE COMMITTEE ON UNAMERICAN ACTIVITIES SUNK:

In late February, the House of Representatives rejected the move to emasculate the House Committee on UnAmerican Activities by undercutting its budget . . . The foes of the Committee got 20 votes.

1963 FEDERAL EMPLOYEES ALMANAC IS OFF THE PRESSES:

The 1963 edition of the Federal Employees Almanac, compiled by Joseph Young, Washington Star columnist of U.S. Civil Service, is off the presses . . . A valuable tome for all Federal employees, its hundreds of items include:

Complete gov't and postal take-home pay tables, including deductions . . . Sections on Civil Service retirement benefits, annual and sick leave, health and life insurance, Social Security, Veterans Preference, veterans' benefits, unemployment compensation benefits, injury benefits, key Congressional committees, appeals and grievance procedures.

Price: \$1, from Federal Employees' News Digest, P.O. Box 689, Washington 4, D.C.

VA THINKS SOME WW2 AND KOREA WIDOWS UNAWARE OF PENSION RIGHTS:

Veterans Administration officials believe that some widows of WW2 and Korea vets are unaware that since 1960 they could become eligible for veterans' widows' pensions almost purely on the basis of limited income . . . Prior to 1960 it was required that the deceased WW2 or Korea vet must have had a service-connected disability . . . One of the better aspects of Public Law 86-211, which became effective

in 1960, eliminated that requirement . . . The present conditions for WW2 and Korea widows' VA pensions were noted in our last (March, 1963) issue.

LEGION-SUPPORTED BILLS OF GENERAL INTEREST IDENTIFIED:

Of the numerous bills in Congress initiated by, or supported by, The American Legion, we herewith identify some of most general interest.

1. To reform vets pension laws as described in our March issue. HR1927. Introduced by Rep. Libonati (Ill.).

2. To reopen WW2 and Korea vets life insurance for a year. HR2124. Introduced by Rep. Cleveland (N.H.). HR2136. Introduced by Rep. Halpern (N.Y.). HR3503. Introduced by Rep. Dulski (N.Y.).

3. To liberalize VA burial benefits. Two bills on different aspects -- HR2133 and HR2134. Introduced by Rep. Haley (Fla.).

4. To provide a modified permanent plan of insurance for NSLI term policyholders. HR2137. Introduced by Rep. Halpern (N.Y.).

5. To compensate war-disabilities in proportion to the degree of disability, and to provide a dependents allowance for war-disabled vets less than 50% disabled. HR2583. Introduced by Rep. Fino (N.Y.).

6. To create a youth conservation corps. HR1890, introduced by Rep. Perkins (Ky.) in the House and S1, introduced by Sen. Humphrey (Minn.) in the Senate.

7. To extend protection of the U.S. Constitution to personnel serving the United States overseas. House Joint Res. 16. Introduced by Rep. Bow (Ohio).

8. To amend the Constitution to prevent treaties and international agreements from becoming domestic law if otherwise unconstitutional. House Joint Res. 5 and 18, introduced by Reps. Alger (Texas) and Bow (Ohio).

9. To prevent an act of Congress from preempting a field of legislation from the states unless so stated in each bill. S3. Introduced by Sen. McClellan (Ark.) and others.

10. To establish an autonomous civilian board to review discreditable separations from the Armed Forces. HR3088. Introduced by Rep. Huddleston (Ala.).

11. To increase a veteran's widow's dependency and indemnity compensation by \$25 for each minor child. Introduced by Rep. Dulski (N.Y.).

Additional bills will be identified in future issues.

NEWS OF THE AMERICAN LEGION

AND VETERANS' AFFAIRS

APRIL 1963

American Legion Marks April As Annual Child Welfare Month

Closed out 1962 With \$7,000,000 spent seeking "Square Deal for Every Child;" Most of total effort on local scene; Community survey of children's needs proposed for Posts and Auxiliary Units.

April is observed as Child Welfare Month in The American Legion (not that every month isn't). The Post that takes such observances seriously realizes, that the purpose of a special "month" is to draw unusual attention to a program. The purpose of that is to keep progress going and prevent falling into a routine of dutiful activity that could become antiquated and formalized. April is a month to look at what your Post has been doing in the past and compare it to what the needs of the children in your community are *this* year — 1963. They may be the same as last year or ten years ago. But maybe *not*, and you have to take a fresh look to see.

April is the spot on the calendar to suggest a fresh look *every* year.

In fitting a Child Welfare program to your community, nobody on a higher level in the Legion is better qualified to lead than you are in your own Post. The national organization of the Legion, especially its Child Welfare Commission, turns out all kinds of suggestions. In the March issue of the publication *Advance*, which goes to all Post Commanders, many suggestions for Post ob-

servances of Child Welfare Month were published.

But you can do better, because only you are on the spot in your town.

The time-tested Legion Child Welfare motto is "A Square Deal for Every Child." Are all children in your town getting a square deal?

So long as there are broken homes, illnesses, unemployment, every town has its children who are innocent victims of circumstances beyond their control.

Then, too, there are children who are in no sense innocent victims of circumstances, but who long for opportunities to do things that only adult leadership can provide them. Lacking the leadership, they waste their time, though they have ambition to fill it better.

Again, there are children in institutions who are perfectly well cared for — except for intimate friendship, attention, and imaginative entertainment which it is almost impossible for the staffs of institutions to provide — they being in the position of Old Mother Hubbard.

We can think nothing better for your Post to do in April than to send compe-

tent Legionnaires out to chat with the public health nurse; the social service staffs; the Boy and Girl Scout leaders; the heads of children's homes, if any; the police; school authorities; church leaders; the Boys Club, if any; the recreation department, etc.

Just talk about the town's children and their needs, and see if things don't come to mind that an organization like your Post might be able to do to help toward making "A Square Deal for Every Child."

We don't think we could predict what you'd find, or tell you what you might do. We think every Post would fall upon priceless knowledge for an organization like the Legion, that might be different in every community.

If you have ever heard of the enormous achievement of the Legion in Child Welfare over the last 38 years, you might have a notion that somewhere there is a huge marble building covering a couple of city blocks, staffed by hundreds of busy Legion professional Child Welfare workers.

It's hard to imagine anything else when you read official reports that the Legion spent \$7,000,000 last year on Child Welfare alone. We can even tell you that the idea of *several hundred* workers is a piker figure. As a matter of fact the Legion has 50,000 Child Welfare workers. But there is no such marble building anywhere. Almost the whole \$7,000,000 in 1962 was spent by individual Posts and Auxiliary Units. The 50,000 workers are the largest *volunteer* Child Welfare army in the world — almost all of them the working Child

VISIBLE EVIDENCE OF COMMANDER POWERS' REPORT



"There's a new life in the Legion," Nat'l Cmdr James E. Powers reports on page 2 of this issue. Here are "mob scenes" at two of the 22 regional meetings he reports on, many of them held in spite of howling blizzards. Above is a "blizzard" meeting attended by 400 at Fargo, N. Dak.



At right is a throng of 700 gathering in Detroit, Mich. 81,511 membership increase by mid-February matched visible enthusiasm.

Child Welfare (Continued)

Welfare committeemen and committee-women of Posts and Units.

The American Legion program in this field, as the National Child Welfare Commission notes, is "a Post and community centered program. Its primary interest is in the children in *your* town."

As a matter of fact, the National Child Welfare staff is made up of two professionals and three secretaries, who occupy one office in the Indianapolis Headquarters. They are Randel Shake, Director, Fred Kuszmaul, Assistant Director and Mildred Kaeser, Grace Hall and Lee Fitch, secretaries.

All the rest of the 50,000 army are volunteers, with their own private careers, who serve the Legion program as a labor of love. At the top is the National Child Welfare Commission with a dedicated working physician of El Dorado, Arkansas, as Chairman — Dr. Garland Murphy, Jr. Vice Chairman is Eugene Lindquist, of Clarissa, Minnesota.

The Commission Executive Section has six other members: Dr. Jack Klein, Tucson, Ariz.; Laurence E. Carlson, Maple Plain, Minn.; Joseph Lacey, Stockton, Calif.; David Addy, Detroit, Mich.; Jacob Friedman, Brooklyn, N.Y. and Dalton Comeaux, Opelousas, La.

In addition there is a national 4-member Advisory Board. The country is then divided into five Legion Child Welfare areas, with area chairmen, vice-chairmen and general members of the Commission. Altogether 50 Legionnaires serve on the New England, Middle Atlantic, Southern, Midwestern and Western area divisions of the national Child Welfare Commission.

From there, the 50,000-man army fans out into unpaid Child Welfare Committees of the 58 American Legion and Auxiliary State and other Department organizations; the Child Welfare Committees of the Districts and Counties; and finally, the greatest division of the whole force, the Child Welfare committees of the 30,000 Posts and Auxiliary Units.

The bulk of the annual work is done by the combined work of the Districts, Counties, Posts and Units, and it is plain to see that the skeleton staff in National Hq could never have scratched the surface. The staff and Commission job at the top level has scarcely been done with children directly at all. It has been chiefly a job of "setting the pace in child welfare through support of sound state and national laws." And that's a big story by itself.

If Legion Child Welfare will do anything directly in your community this year, your Post and Unit will do it.

44 Employers honored by Legion in 1962 For Hiring Handicapped and Older Workers

Forty-four employers received National American Legion citations for employment practices in 1962. Twenty-two were cited for their practices in hiring the handicapped, and twenty-two for their practices in hiring older workers.

In each case the National award was made on the recommendation of a State or other Department organization of the Legion. Each Department of the Legion is empowered to nominate one employer a year for the National hiring-the-handicapped award, and one employer for the National hiring-the-older-worker citation.

Awards are made by the Legion's National Economic Commission, whose intimacy with the job problems of handi-

capped and older veterans stimulated the granting of the annual citations.

The handicapped award is usually made in connection with annual Employ the Handicapped Week (first full week in October), and represents part of the Legion's participation in the programs of the President's Committee on Employment of the Handicapped.

The older worker award is usually made in conjunction with the Legion's Hire the Older Worker Week (first full week in May).

Among those receiving awards in 1962 were commercial firms, government agencies and individuals.

Below is a list of all employers receiving the national awards in 1962:

<i>State</i>	<i>Cited for employment of the handicapped</i>	<i>Cited for employment of older workers</i>
ALABAMA	none	none
ALASKA	Alaska Coastal-Ellis Airlines, Juneau	none
ARIZONA	Men's Shop, Prescott	Argus Security Patrol, Tucson
ARKANSAS	W. Shanhouse Sons, Inc., Magnolia	U.S. Gage and Tool Corp., Hot Springs
CALIFORNIA	none	none
COLORADO	none	none
CONNECTICUT	Belding Hemingway Co., Putnam	Zell Products Corp., Norwalk
DELAWARE	Veterans Administration Hospital, Wilmington	U. S. Postoffice Wilmington
D. C.	none	none
FLORIDA	Melvin T. Dixon, Director, State Dep't of Veterans Affairs, St. Petersburg	none
GEORGIA	none	none
HAWAII	Industrial Welding Co., Honolulu	none
IDAHO	none	none
ILLINOIS	Naval Ordnance Plant, Forest Park	General Research and Security Co., Joliet
INDIANA	none	Arnolt Corp., Indianapolis
IOWA	none	none
KANSAS	Midwest Machine Works, Topeka	Henry Manufacturing Co., Topeka
KENTUCKY	none	none
LOUISIANA	Snell's Limbs & Braces, Inc., Baton Rouge	Abdalla's Furniture Store, Opelousas
MAINE	Fisher Engineering, Rockland	none
MARYLAND	Social Security Administration, Bureau of Old Age and Survivors Insurance — Victor Christgau, Director	none
MASSACHUSETTS	none	L. S. Starrett Tool Co., Athol
MICHIGAN	none	J. W. Knapp, Co., Lansing
MINNESOTA	none	none
MISSISSIPPI	Murray Envelope Corp., Inc., Hattiesburg	none

State	Cited for employment of the handicapped	Cited for employment of older workers
MISSOURI	none	Parker-McCrory Co., Kansas City
MONTANA	Tretheway's Music Box, Butte	Livingston Community Hospital, Livingston
NEBRASKA	none	none
NEVADA	none	Administrative Officers of Clark County, Las Vegas
NEW HAMPSHIRE	none	none
NEW JERSEY	Eclipse - Pioneer Division, The Bendix Corporation, Teterboro	none
NEW MEXICO	none	School Safety Division of the Albuquerque Police Department
NEW YORK	none	none
NORTH CAROLINA	Star-News Newspaper, Inc., Wilmington	Continental Furniture Co., High Point
NORTH DAKOTA	none	none
OHIO	Multi-Color Type Co., Cincinnati	Monarch Marking System Co., Dayton
OKLAHOMA	none	none
OREGON	Idaho Canning Co., Nyssa	Grants Pass Moulding Co., Grants Pass
PENNSYLVANIA	none	C. D. Kaier Co., Mahanoy City
RHODE ISLAND	Sherman Screw Co., Providence	Fram Corporation, East Providence
SOUTH CAROLINA	none	none
SOUTH DAKOTA	Homestake Mining Co., Lead	Brown & Saenger, Inc., Sioux Falls
TENNESSEE	none	none
TEXAS	Mechanic's Uniform Supply Co., Inc., Houston	General Electric Co., Tyler
UTAH	none	Utah State Tuberculosis Hospital, Ogden
VERMONT	none	none
VIRGINIA	none	none
WASHINGTON	none	none
WEST VIRGINIA	Minnesota Mining and Manufacturing Co., Martinsburg	none
WISCONSIN	none	none
WYOMING	none	none

PEOPLE IN THE NEWS

Past Nat'l Cmdr Paul Griffith (1947-48) named president of Arms of Friendship, Inc. an international goodwill organization in Philadelphia.

Granville S. Ridley, Chmn of the Legion's Nat'l Security Training Committee, appointed to a 2-year term as Civilian Aide for the State of Tennessee.

Past Nat'l Cmdr Henry L. Stevens (1931-32) sworn in as an emergency judge of the Superior Courts of North Carolina for life.

Daniel W. Shaub retired as Adjutant of The American Legion Dep't of Pennsylvania. He is succeeded by Past Nat'l Vice Cmdr Edward T. Hoak.

Herbert J. Jacobi, named Alternate Nat'l Executive Committeeman of the Legion Dep't of the District of Columbia.

Robert B. Pitkin (N.J.), former Managing Editor, named Editor of *The American Legion Magazine*, succeeding Joseph C. Keeley, resigned.

John S. Mears and Robert F. (Sam) Murphy, named Assistant Directors of The American Legion Nat'l Legislative Division.

William R. Morse appointed Research Director of the Legion's Nat'l Americanism Division.

John Neubauer appointed Assistant Director to the Legion's Nat'l Security Division.

M. L. Lyckholm retired as Adjutant of The American Legion Dep't of Colorado. He is replaced by Leland L. Day, former Dep't Service Officer.

Maurice T. Webb (Ga.) named Assistant Director of the Legion's Nat'l Americanism Division.

DIED

Omar J. McMackin, Illinois' Nat'l Executive Committeeman in 1960-61.

Roy C. Haines (Maine), Chmn of the Committee on Constitution at the St. Louis Caucus to found The American Legion in 1919.

Sherman W. Child (Minn.), Chmn of the Legion's Nat'l Child Welfare Commission from 1927 to 1930.

Floyd H. Crabtree, Past Dep't Cmdr of Nevada (1947).

Abe Abramson, Past Dep't Cmdr of North Dakota (1945-46).

Max Wyman, Past Dep't Cmdr of Kansas (1940-41).



Scout official Albert Sparrow gets Scouting calendars from Don Smith, Cmdr. of Post 174, Baltimore, Md. Scouts distributed 13,500 of the calendars in the greater Baltimore area.

FILMS FOR POST MEETING. The Nat'l Football League film of the Packers-Giants championship 1962 game is available for showing at meetings, without charge. A 30 minute show, in 16 mm color with sound, it may be had by request on Post stationery from an officer of your Post by writing: Del Shofner, c/o Grey Advertising, Inc., 430 Park Ave., N.Y. 22, N.Y. Only cost is return shipping charges. State date of showing when making request.

Flu Wrecked Hopes of U.S. All-Legion Bobsled Team at World Meet in Austria

Nobody is sorrier than Legionnaires that the #1 U.S. International Bobsled Team didn't do too well at the 1963 World Championships at Igls, Austria, this winter.

All four of the men on the team are members of American Legion Post 447, Saranac Lake, N.Y.

Crash injuries and flu combined to put their team, as well as the #2 U.S. team, well back in the running as the Italians swept all the top places at Igls in midwinter. Best U.S. positions were 7th in the four-man and 6th in the two-man events.

A year earlier the all-Legion team, in the pink of health, had smashed two records in four-man runs down Mt. Van Hoevenberg in New York State's Adirondacks. The team of Larry McKillip, Floyd Baumgartner, Neil Rogers and Jim Lamy set a new single-heat record of 1 minute 8.26 seconds and a four-heat record of 4 minutes 36.67 seconds on the electric eye timer. This won them the 1962 North American Championship Mile Run and the top spot on the U.S. international team.

All four men are active Legionnaires

and one of them, Baumgartner, is a Past Commander of their Post.

Here's a look at this all-Legion U.S. international team.

Their bobsled weighs 507 lbs. empty, and it takes big men to move it along at record speeds. These are big men. Driver Larry McKillip, 38 and 200 lbs., spent three years with the U.S. Army 10th Mountain Division ski troops, fought in Italy and came out a corporal. Now he's a lumber yard manager.

Larry started bobsledding in 1948, was National AAU 2-man champion in 1951, and member of the 1956 U.S. Olympic Team in Cortina, Italy. He won 2nd and 3rd place medals in the two-man field from 1956 to 1960, when he began driving the four-man sled. In 1962 his two-man and four-man crews won 12 out of 13 races and Larry was picked as the No. 1 two and four-man driver to represent the United States in the 1963 World Championships.

The solid 210-pounder who rides behind driver McKillip is Floyd "Mike" Baumgartner. Born in South Amboy, N.J., 41 years ago, Mike served five years in the U.S. Navy during WW2 as



Braking to a halt

U.S. CHAMPS FROM POST 447 SARANAC LAKE, N.Y.



Left to right: McKillip, Lamy, Baumgartner, Rogers, with their North American Championship trophies. Their Post raised \$750 of the \$3,000 to send them to Igls, Austria.

a Machinist's Mate aboard the U.S.S. *Massachusetts* and the U.S.S. *Prince George*. He's a Past Vice Cmdr and Past Adjutant of Luke A. Lovely Post 62, South Amboy, N.J., and Past Cmdr of Post 447, Saranac Lake. Mike, bobsledding for six years, makes his living as a liquor salesman.

Number three man is 218-lb., 39-year-old Neil Rogers. He came out of U.S. Army Air Force duty in the Pacific during WW2 as a staff sergeant and headed right back to Saranac Lake. Nicknamed "Bob", he's been sliding since 1948 on top teams at World Championships. Neil is a policeman in off-sliding hours.

It takes a big, big man to pull the brake on nearly 1400 lbs. of speeding, loaded sled. Big man on this crew is 245-lb., brakeman Jim Lamy. Now 34, Jim saw service in 1946 as a S/2c with the U.S. Navy. He's been bobsledding since 1947 except for a slight interruption in 1951-52 known as the Korean Conflict. He came out of Korea as a Sergeant in the U.S. Marines. A member of both the two and four-man 1956 Olympic Bobsledding Teams, and the 1959, 1961 and 1963 World Teams, Jim's occupation is meat salesman. And that's fortunate for both his pocketbook and the team because he lists his hobby as eating.

OF MORE THAN LOCAL INTEREST

Not being a newspaper, we cannot publish items from Posts as news. But by holding them, we find that many Post items show trends that are of more than local interest. If you submit items they will be held for this purpose. We lack the staff to correspond with you about them, but if used, you will be notified.

YOUR HIGH SCHOOL junior and senior proms are not far off. The young folks like to stay out all night, and this means either trouble at home by forbidding it, or trouble in the wee hours as the boys and girls may try to make their own excitement for lack of it along the quiet streets, or end up in some dive. Last year, having the facilities, Post 104 in Montoursville, Pa., made old and young alike happy, by turning over its Post home to an organized all night senior Prom party. It was a whiz, as 200 students and 20 faculty members made a night of it, and local businesses sent gifts and tokens. At sunrise, Post members served breakfast to the tiring merry-makers. Next day, the Post was saluted by parents, faculty and students for showing "community service in a new role." . . . *Reported by Donald Stone, Montoursville, Pa.*

WHEN ASTRONAUT Walter Schirra applied for membership in Oradell (N.J.) Post 41 in January, his membership put Post Commander Robert Parker over his 1963 membership quota by exactly one. In view of Schirra's accomplishments, Post 41 voted to award a life membership to its new member as

soon as the National Aeronautics and Space Administration can spare him for the ceremony. Schirra's father was Adjutant of Post 41 from 1931 to 35, and was Post Commander in 1936 . . . *Reported by William West, Hackensack, N.J.*

LEGIONNAIRES OF WW2 and Korea vintage are not unmindful of the men who created their organization and opened the doors to them. As a result, an increasing number of Posts are holding special affairs to honor their WW1 members. To show the coast-to-coast flavor of this thoughtful form of recognition and gratitude, we cite special affairs held recently to honor their WW1 members held by Post 92 in Waterville, N.Y., and by Post 288 in Montrose, Calif. . . . *Reported by John Zuciful, Waterville, N.Y. and Robert Patterson, Montrose, Calif.*

THE AVERAGE AGE of WW1 veterans is now almost 70, but anyone who wants to kiss them off politely by kidding them that they are in their "golden years" or patting them on the back while muttering "senior citizen" should take a tip from Square Post 232 in Chicago. WW1 Legionnaires who are retired have *time to do things*. Post 232, after several years of only being able to get three or four members to turn out to render military honors at veterans fu-

nerals, turned the whole thing over to its retired WW1 members. Result: 35 WW1 members report 3 days a month for drill, followed by a social at the Post home; and as many as 25 of them serve in uniform at any one military funeral, as firing squad, pall-bearers and color bearers . . . *Reported by Carl Green, Chicago, Ill.*

IF WE SEEM TO favor news about all the things that Legionnaires do for others, the Legion can also be found among those who express public thanks for things done for them. In Detroit's



Msgr. Kern

"Corktown" area live many foreign-language groups whose life has not always been easy. But one man, Rt. Rev. Msgr. Clement H. Kern, is acclaimed throughout Corktown for having done far more than we can print here to make their lives easier. Recently, for his good works, he received an American Legion Award of Merit. The Legionnaires who gave him this public recognition were the members of Mexican-American Post 505, in Detroit. That Post's Judge Advocate and Service Officer, Alberto Pulido, well recalls that as an itinerant beet picker from Mexico in Michigan before WW2 he was a beneficiary of Msgr. Kern's good works. Today Pulido is a college graduate and a Wayne County Roads Commission appraiser . . . *From report of Alberto Pulido, Detroit, Mich.*



A respirator from Post 157 to VA hospital, both of Brooklyn, N.Y. (see text).

GIVING SPECIAL EQUIPMENT to hospitals is a real life-saving mission which many Legion units carry out at considerable expense to themselves, as a part of the dedication of the Legion to community service. The photo on this page shows a respirator which Post 157, Brooklyn, N.Y. recently gave to the Brooklyn VA Hospital.

Within the year, Post 129, Minneapolis, Minn., has given two resuscitators to Minneapolis General Hospital at a cost of \$774; Post 17, New Smyrna Beach, Fla., gave a \$200 set of orthopedic tools to its Fish Memorial Hospital (in gratitude for care given Post Commander Herb Zeigler after a hit-run accident); and Auxiliary Unit 854, Valley Stream, N.Y. raised a fund to buy a cardiac pacemaker for Mineola's Nassau Hospital (after members read how these battery-operated devices kept two women's hearts going) . . . *From Reports of Harry House (Brooklyn, N.Y.); James G. Brown (Minneapolis, N.Y.);*

(Continued on next page)

Of More Than Local Interest

(Continued from previous page)

Minn.); Herb Zeigler (New Smyrna Beach, Fla.) and Edward R. Shiebler, Nassau Hospital, Mineola, N.Y.

MANY POSTS ALSO do outstanding jobs in making reading material available for many purposes. Among recent examples on our desk, consider 3,518 volumes acquired by Post 1711, Levittown, N.Y. They are for the library project of nearby Kings Park State Hospital for its emotionally disturbed children, and were collected in cooperation with other Nassau County Legion posts and two school districts. On top of that, the Legion posts of Nassau County are busy raising \$2,000 for the hospital's library furniture. (From reports of Robert A. Smith, Levittown, N.Y., and Grace Lyons, Kings Park State Hospital Librarian). Then there's the \$1,000 raised by Post 83, Bonne Terre, Mo., for the purchase of new books in 1962 for the Bonne Terre Memorial Library. (Report of Meyer Nuell, Bonne Terre, Mo.)

Post 19, Midland, Tex., exemplified another activity in the reading field when it gave 24 subscriptions to *The American Legion Magazine* to Texas Boys Staters from Midland last year . . . (Report of Post 19, Midland, Tex.)

Oratorical Contest

Nat'l Schedule

The American Legion's 1963 National Oratorical Contest for high school students will come to a close at Eau Claire, Wisconsin, on May 2, as four finalists compete there for four college scholarships ranging from \$4,000 down. Each oration is based on the Constitution of the United States.

Right now, Posts and Districts are in the elimination phase, with about 300,000 youngsters competing, under the guidance of their high school speech or debating teachers, to produce state champions in time for the Regional eliminations. Last year Miss Patricia Ann Turner of Muskogee, Okla., daughter of a B29 pilot who was lost in Japan in WW2, won the top scholarship.

State winners will go into 12 regional contests, all held on April 22. The 12 regional winners will go into four sectional contests, all held on April 29, and the four sectional winners will compete at Eau Claire on May 2.

Here are the sites of the regional and sectional contests.

Regional — April 22.

1. Maine, New Hampshire, Vermont and Massachusetts, at *Brookline, Mass.*

2. Connecticut, New York, New Jersey and Rhode Island, at *Wildwood, N.J.*

3. France, Delaware, District of Columbia, Maryland and Pennsylvania, at *Washington, D.C.*

4. Virginia, West Virginia, North Carolina and Tennessee, at *Clarksville, Tenn.*

5. Alabama, Florida, Georgia and South Carolina, at *Albany, Ga.*

6. Arkansas, Louisiana, Mississippi and Texas, at *Jackson, Miss.*

7. Illinois, Indiana, Kentucky and Michigan, at *Indianapolis, Ind.*

8. Iowa, Kansas, Missouri and Oklahoma, at *St. Louis, Mo.*

9. Minnesota, North Dakota, South Dakota and Wisconsin, at *St. Paul, Minn.*

10. Colorado, Nebraska, New Mexico and Wyoming, at *Albuquerque, N. Mex.*

11. Alaska, Idaho, Montana and Oregon, at *Moscow, Idaho.*

12. Arizona, California, Nevada, Utah and Hawaii, at *Reno, Nev.*

Sectional — April 29.

A. Region 1, 2 and 3 winners at *Dover, Del.*

B. Region 4, 5 and 6 winners at *Elkies, West Va.*

C. Region 7, 8 and 9 winners at *Springfield, Ill.*

D. Region 10, 11 and 12 winners at *Portland, Ore.*

Legion Q & A

Q. The \$178 million spent on Child Welfare by the Legion to date comes to about \$10,000 per Post. Has each Post really spent that much?

A. No. That covers the Legion and its affiliates at all levels. But \$10,000 is not uncommon for a Post. Thus, Post 343, New Castle, Pa., has raised \$6,000 for its Retarded Children chapter alone.

Q. Someone told me that a Legion Post helped raise 1,700 pints of blood for one boy this winter! Is it possible?

A. A Chicago youth with hemophilia (bleeder's disease) lost an arm. After he owed 1,200 pints of blood to Mt. Sinai Hospital, American Legion Post 49 in Chicago became the center of a community drive to raise the next 500 pints.

Q. I read that a Washington, D.C. publisher used the Legion emblem on a book, then had to remove it because, he said, the Legion didn't like the book. True or false?

A. Nat'l Adjutant E. A. Blackmore ordered the Legion emblem removed because its use infringed the Legion's patent. It is the National Adjutant's duty to protect the Legion emblem, which the publisher used without securing permission. The book's author disclaimed any responsibility for the publisher's misstatement of the facts.

APPLYING FOR COLLEGE

(Continued from page 24)

and for many but not all organizations that offer scholarships.

CEEB tests include: (1) scholastic aptitude tests; (2) English composition tests; (3) achievement tests in science, mathematics, social studies, languages, and spatial relations.

Each college and each organization granting scholarships determines which students shall be admitted or receive scholarships. In making these decisions they use the results of these tests, together with other information about the applicant, such as his school grades, recommendations, rank in class, family resources, etc.

WHAT THE STUDENT MUST DO

Here are things that you as a college applicant must do yourself.

1. Determine if the college of your choice, and the scholarships you may seek require CEEB tests.

2. If not available from your high school counselor, send to Educational Testing Service, Box 592, Princeton, N.J., or P.O. Box 27896, Los Angeles 27, Calif., for the bulletin of information about application for the College Board tests, fees, advice to candidates, description of the tests, sample questions, and a list of examination centers. (no charge)

3. Check carefully for dates of test and testing centers. CEEB exams are given in Dec., Jan., Feb., March, May, and Aug. Students who plan to enter college in Sept. should take tests in Dec., Jan., Feb., or March. Students who enter college in Feb. should take them in May, Aug., or Dec. Your counselor or teacher can give you the exact dates.

4. Secure application forms from the CEEB (address above) and file completed forms, several weeks in advance of the closing date.

LIFE MEMBERSHIPS

The award of a life membership to a Legionnaire by his Post is a testimonial by those who know him best that he has served The American Legion well. Below are listed some of the previously unpublished life membership Post awards that have been reported to the editors. They are arranged by States or Departments.

Mathew L. Dolezal and Harold Howe and Emil J. Nelson and Leroy F. Parker (all 1962), Post 661, Ben Lomond, Calif.

Harry N. Anderson (1962), Post 726, Los Angeles, Calif.

Eugene F. Mail and Raymond G. Mann and Theodore D. Meserve (all 1963), Post 69, Robinson, Ill.

Harry Klauke (1962), Post 233, Okawville, Ill. **Albert S. Wisowaty and Arthur J. Wisowaty and Edward F. Wolfe** (all 1962), Post 330 Calumet City, Ill.

Carl E. Anderson and Harry W. Weisschnur (both 1962), Post 342, St. Charles, Ill.

Alexander J. Decaluwe and Phillip P. Decaluwe and Charles W. Duffey and Jack J. Fisher (all 1962), Post 348, Chicago, Ill.

Benedict A. Lipinski and William R. Mack and Mack Pajor and Bruno S. Perkowski (all 1959), Post 419, Chicago, Ill.

Paul Ferguson and E. B. Malloy and Henry Read and M. M. Sondag (all 1962), Post 88, Shenandoah, Iowa.

Charles Kurtz (1962), Post 22, Marion, Kans. Wm. E. Farley, Jr. and Atwood E. Long, Sr. and J. Colgan Norman (all 1962), Post 15, Louisville, Ky.

Joseph C. Sleeper, Sr. (1962), Post 128, Aberdeen, Md.

Arthur MacArthur and Bernard J. McNamara and Joseph V. O'Donnell (all 1962), Post 69, Malder, Mass.

Lester F. Stanley and Florence L. Stobbert (both 1961), Post 194, Hamilton, Mass.

Charles E. Bates and Myron W. Baxter (both 1960) and Henry A. Hawes (1962), Post 220, Wareham, Mass.

Charles Schoultz and Sherwood B. Stevens and Merrill Sweet (all 1961), Post 147, Northville, Mich.

Erwin F. Northey and Mauri L. Novack and Robert H. Petzke and Dewey Tomlinson (all 1962), Post 472, Minneapolis, Minn.

Ronald A. Moellering (1962), Post 444, Florissant, Mo.

Charles F. Dittmar and Andrew R. Santoro (both 1962), Post 54, Freehold N.J.

Warren C. Neithercott (1961), Post 156, Palmyra, N.J.

John Bender and William C. Game, Sr. and Thomas Losalo (all 1962), Post 28, South Ozone Park, N.Y.

Gerald J. Gaffney (1958) and Richard McNeill and Harry H. Zorn (1962), Post 45, Brooklyn, N.Y.

Leon D. Harmon (1962), Post 87, Dansville, N.Y. W. Wallace Guest (1962), Post 342, Freeport, N.Y.

George B. Cowen and Kesh Keshgajian and Michael J. Smith and Clarence Thompson (all 1959), Post 391, Brooklyn, N.Y.

Willard W. Pencille and Benjamin M. Pohl and Harry R. Requa and Milton L. Seekins (all 1961), Post 410, Lockport, N.Y.

Leland K. Demarest and Osgar K. Elmer and Dr. Leon H. Griggs and Lawrence M. Turner (all 1961), Post 658, Fair Haven, N.Y.

Howard E. Heather and Francis L. James and Paul Lovette (all 1962), Post 922, Painted Post, N.Y.

Louis W. Spindler (1962), Post 1738, West Islip, N.Y.

Haywood A. Parker and Robert L. Rhyne and James C. Stanton and Guy L. Webb (all 1956), Post 73, Ellerbe, N.C.

Kyle V. Stephenson (1962), Post 109, Benson, N.C.

James E. Kerns and Charles Malone and Ray H. Miller and Stephen Okonski (all 1962), Post 468, Sylvania, Ohio.

Ray Trexler and Dr. Harvey C. Updegrove and Charles E. Unangst and James E. Wesley (all 1962), Post 9, Easton, Pa.

Otto Swartz (1957) and Harry Ammon and Louis Simmeth and Harry E. Tipton (all 1958), Post 67, Pottsville, Pa.

Percival G. Kobert and Robert J. Lannon and Walter L. Miller (all 1963), Post 86, Susquehanna, Pa.

Roy W. King and Jack C. Urban (both 1962), Post 181, Somerset, Pa.

Alexander J. Viggiano (1962), Post 531, Pittsburgh, Pa.

John R. Ash and Ralph Cherrington and Penro D. Leiby (all 1962), Post 541, Catawissa, Pa.

Larry Cain and Robert E. Luther and Mack E. Shay (all 1962), Post 571, Wesleyville, Pa.

Joseph E. Eitrem and John P. Sanders (both 1962), Post 23, Garrettsville, S. Dak.

M. C. Anderson and Olney H. Anderson and A. L. Blake and T. C. Brown (all 1963), Post 43, Tullahoma, Tenn.

Dave H. Kerbaugh (1961), Post 64, Greeneville, Tenn.

Owen C. Williams (1962), Post 18, Springfield, Vt.

Harry R. Parker and Clyde Risley and Charles M. Williams (all 1960), Post 143, Twisp, Wash.

Swan Olson and Paul Pearson and Lloyd L. Pullum (all 1962), Post 54, Saratoga, Wyo.

Life Memberships are accepted for publication only on an official form, which we provide. Reports received only from Commander, Adjutant or Finance Officer of Post which awarded the life membership.

They may get form by sending stamped, addressed return envelope to: "L. M. Form, American Legion Magazine, 720 5th Ave., New York 19, N.Y."

On a corner of the return envelope write the number of names you wish to report. No written letter necessary to get forms.

★ OUTFIT REUNIONS ★

Reunion will be held in month indicated. For particulars, write person whose address is given.

Notices accepted on official form only. For form send stamped, addressed return envelope to O. R. Form, American Legion Magazine, 720 Fifth Ave., New York 19, N.Y. Notices should be received at least four months before scheduled reunion.

Earliest submissions favored when volume of requests is too great to print all.

ARMY

2nd Arm'd Div (WWII)—(July) Charles G. Reinann, 188 W. Randolph St., Chicago 1, Ill.

2nd Inf Div—(July) Steve Schwabke, 635 Olney Dr., San Antonio 9, Texas.

3rd Field Art'y, Observ Bn—(Aug.) Walter T. Caldwell, 2449 E. Livingston Ave., Columbus 9, Ohio.

3rd Inf Div—(July) Hugh A. Sweeney, 1003 Realty Bldg., Youngstown 3, Ohio.

5th Inf Reg't—(July) Robert T. Weston, P.O. Box 2161, South Portland, Me.

7th Arm'd Div—(Aug.) Edward McCarrick, 26 Yorkshire Dr., Cedar Grove, N.J.

10th Arm'd Div—(Aug.) Dr. Sigmund F. Faye, 6468 Anderson St., Philadelphia 19, Pa.

11th Arm'd Div—(Aug.) Ray S. Buch, Box 8, Pittstown, N.J.

13th Evacuation Hospital (WWI)—(Sept.) Leo J. Bell, 808 Ash St., Toledo 11, Ohio.

17th Sig Op Bn (WWII)—(Aug.) E. F. Hofmeister, 710 Crown Ave., Scranton 5, Pa.

26th Base Hospital—(Sept.) Robert B. Gile, Sr., 500 S. 7th St., Minneapolis 15, Minn.

28th Div, AEF—(June) Robert P. Seaman, 4445 Sherwood Rd., Philadelphia 31, Pa.

31st AAA Grp—(Aug.) Fred P. Todarello, 134 Winfield Dr., Grove City, Pa.

31st Div (WWI)—(Aug.) Irving H. Hering, 668 Thacker St., Des Plaines, Ill.

39th Engrs Combat Reg't—(Sept.) Thomas Swares, 2217 E. Raymond St., Indianapolis 3, Ind.

42nd Div—(July) John George, Jr., 4941 S. Detroit, Tulsa, Okla.

51st Inf (WWI)—(Sept.) Otto Rauch, 186 Adams St., Delmar, N.Y.

53rd Sig Bn, Co A (WWII)—(Aug.) James R. Hankins, 3532 5th Ave., Fort Worth, Texas.

63rd Inf Div—(July) Jerry Davidson, 3915 Orloff Ave., New York 63, N.Y.

65th Inf Div—(Sept.) Charles O. Terboss, 22 Robinson St., Binghamton, N.Y.

88th Chem Mortar Bn, Co C—(July) Dr. Fred T. White, Box 251, Livingston, Tenn.

THE AMERICAN LEGION NATIONAL HEADQUARTERS JANUARY 31, 1963

ASSETS

Cash on hand and on deposit	\$2,589,572.99
Receivables	200,244.31
Inventories	479,169.98
Invested Funds	465,846.77
Trust Funds:	
Overseas Graves Decoration	
Trust Funds	\$ 274,188.20
Employees Retirement	
Trust Fund	3,329,508.31
Real Estate	814,228.39
Deferred Charges	43,459.37
	<u>\$8,196,218.32</u>

LIABILITIES, DEFERRED REVENUE AND NET WORTH

Current Liabilities	\$ 823,169.94
Funds Restricted as to use	31,155.92
Deferred Income	1,966,195.24
Trust Funds:	
Overseas Graves Decoration	
Trust Funds	\$ 274,188.20
Employees Retirement	
Trust Fund	3,329,508.31
Net Worth:	
Reserve Fund	\$ 24,185.11
Restricted Fund	22,374.16
Real Estate	814,228.39
Reserve for Rehabilitation	549,173.92
Reserve for Child Welfare	88,259.20
Reserve for Convention	60,000.00
	<u>\$1,558,220.78</u>
Unrestricted Capital	213,779.93
	<u>1,772,000.71</u>
	<u>\$8,196,218.32</u>

89th Chem Mortar Bn—(July) Stanley Walerski, 811 E. Cornwall St., Philadelphia 34, Pa.

91st Gen Hospital—(June) Dr. Lester M. Dyke, Apt 809, 6101 16th St., N.W., Washington 11, D.C.

93rd Arm'd Field Art'y Bn—(June) Harry Dubinski, 4846 S. Damon Ave., Chicago, Ill.

95th Inf Div—(Aug.) Theodore S. Nelson, 1317 W. 72nd Pl., Chicago 36, Ill.

100th Inf Div—(Sept.) Leonard J. McIlvaine, Chestnut Ridge Rd., Glens Falls, N.Y.

106th AAA Bn, Bat A—(July) Lowe Johnston, Jr., 117 Gateway La., Hopkinsville, Ky.

108th Mach Gun, AEF—(May) George Yatteau, 386 Merchants Rd., Rochester 9, N.Y.

109th Engrs, Co F—(Sept.) I. E. Tilgner, Lewellen, Neb.

109th Inf Reg't, Co K—(July) James A. Currey, 71 W. 35th St., New York 1.

142nd Inf Reg't, Co L—(Aug.) Buck Sheppard, Rte. 1, Box 225, Breckenridge, Texas.

149th Engr Combat Bn—(Aug.) Victor Blake, 2700 N. Lindbergh, St. Louis 14, Mo.

164th AAA Gun Bn, Bat C—(Aug.) Louis A. Chalk, 732 Maple Ave., Elmira, N.Y.

170th Engrs Combat Bn, Co B—(July) Elmer Phillips, 2470 1st St. S.W., Cedar Rapids, Ia.

213th CAAA—(July) Heister J. Gingrich, c/o V.F.W. Home, Lebanon, Pa.

270th Field Art'y, Hq Bat—(June) A. D. Porter, 2312 N. W. 55th St., Oklahoma City, Okla.

290th Engr Combat Bn—(July) Clyde W. Kiker, 704 Summit, Greensboro, N.C.

299th Engr Bn (C)—(June) Lee Begy, 399 Stone Rd., Rochester, N.Y.

305th Field Art'y—(May) Edward J. Nix, 28 E. 39th St., New York, N.Y.

314th Inf AEF—(Sept.) George E. Hentschel, 301 Penn Oak Rd., Flouertown, Pa.

331st Inf Reg't, Co I (WWII)—(June) Dick McCarthy, 20431 Lennore, Detroit 40, Mich.

338th Mach Gun Bn (WWI)—(Sept.) Claude M. Priest, 208 6th Ave. S., St. James, Minn.

351st Engrs Gen Services Reg't, H & S Co—(Aug.) D. K. Johnson, 313 S. 26th Ave., Bellwood, Ill.

448th AAA AW Bn (WWII)—(June) Ike Kendall, Rich Valley, Ind.

512th MP Bn—(June) John F. Sullivan, 5109 Sunnysbrook Dr., Peoria, Ill.

533rd AAA Bn, Bat D—(June) Harold Barebo, 6985 Bancroft, St. Louis 9, Mo.

537th Engr LP Co—(June) Marvin Hendrickson, Rte. 2, Box 78, Kimball, Minn.

550th Airborne Inf—(Sept.) John Wentzel, 516 Eisenbraun St., Reading, Pa.

630th Tank Dest Bn—(July) Luke Bowyer, 108 W. Ogleshorpe Ave., Savannah, Ga.

648th Tank Dest Bn—(Aug.) Al Vaughan, 919 Garland St. S.W., Camden, Ark.

785th Base Depot Co—(Aug.) Jonathan H. Harlan, 322 S. 13th St., Richmond, Ind.

836th Engr Aviation Bn—(Aug.) J. N. Nelson, 3241 S. Cherry, Denver 22, Colo.

896th AAA AW Bn, Bat A—(May) Charles M. Bierley, 250 E. 6th St., Frederick, Md.

1620th MP Co—(July) Sam Genenbacher, Rock View Motel, 6200 Broadway, Quincy, Ill.

4287th QM Salvage Repair Depot—(July) Gordon Kern, 2348 Titus Ave., Rochester 9, N.Y.

NAVY

1st Marine Div, Spec Weapons Bn, Bats B, C—(Aug.) Walter T. Costello, 4354 Nicholas Ave., Baltimore 6, Md.

4th Marine Div—(June) Denis E. Sullivan, 36 Campbell St., Walwick, N.J.

15th Seabees—(July) Hobart Davis, 1604 Washington Ave., Huntington, W. Va.

30th Seabees—(June) Salvatore Dardano, 26 Van Epps St., Vernon, N.Y.

73rd Seabees—(July) Howard Timmons, Box 1179, Bartlesville, Okla.

80th Seabees—(Aug.) James J. Walker, 1110 Eye St. S.E., Washington 3, D.C.

302nd Seabees—(June) Martin A. Lowe, 8441 Bayard St., Philadelphia 50, Pa.

ABCD Navy 128 Seabees (Oahu)—(July) H. C. Armstrong, P.O. Box 651, St. Charles, Minn.

Cape May, N.J., Section Base and Wissahickon Barracks—(June) Arthur Jordan, Jr., 7370 Henry Ave., Philadelphia 28, Pa.

Recruiting Sta Personnel (Milwaukee)—(Aug.) P. R. Schultz, 326 W. Jackson St., Woodstock, Ill.

USS Chambers (DE 391)—(June) Russell A. Troiden, 3506 Fillmore St. N.E., Minneapolis 18, Minn.

USS Joseph T. Dickman (WWII)—(Aug.) Philip La Briola, 1100 Hunter's La., Oreland, Pa.

USS North Carolina—(June) Charles M. Paty, Jr., 2013 Midwood Pl., Charlotte, N.C.

USS Peiffer (DE 588)—(July) William Daugherty, 3088 Bertha Dr., Saginaw, Mich.

AIR

1976th QM Truck Co—(July) William R. Alderson, 5230 Jamieson Ave., St. Louis 9, Mo.

MISCELLANEOUS

CCC Camp S-116, Co 331—(July) Henry Podenik, RD #2, Clearfield, Pa.

Legion of Valor—(Aug.) George O. Van Orden, Box 84, RD #1, New Hope, Pa.

OUR YOUNGEST MEDICAL STUDENTS

(Continued from page 17)

students to qualify for a good medical school, that medical school is no harder than any other academic course, that any intelligent youngster who is interested in medicine can become a physician."

Doctors turned to with a will. The first Future Physicians Club was started in 1959 in a high school in Albuquerque, N. Mex. Today the movement has spread to public, parochial and private schools from coast to coast. The results have been amazing and satisfying to both the physicians and the participating teenagers. A notice that a club is to be formed, placed on the bulletin board of the local high school, inevitably brings hundreds of recruits — many of them talented youngsters who are making definite plans for medical careers. High school principals, vocational guidance counselors and parents of club members are as enthusiastic about the clubs as the students!

The programs of the clubs, patterned after those of first year medical students, are practical, stimulating and widely diversified. The doctors who act as counselors — each group has two physicians as advisors in addition to a faculty advisor appointed by the school principal — meet with the group twice a week. The members listen to instructive medical lectures and are taken on field trips which familiarize them with the workings of the hospital.

The physicians quickly realized that their students could not be put off with dull talks or hackneyed material. Among recent illustrated lectures given before Future Physicians Clubs are these provided by the AMA: "Esophageal Resection and Reconstruction," "Vein Graft Operation for Deafness of Otosclerosis," "Superior Maxillary Sinus Resection" and "I Am A Doctor." The films accompanying the talks show the various procedures in great detail, while the doctors carefully explain each point.

Far from being in over their heads, doctors admit a bit wryly, the kids are so knowledgeable that the doctors make sure that they have all the latest material at hand when they lecture before a Future Physicians Club.

"It's amazing how much the kids know about medicine," says Dr. S. William Kalb, who founded the Future Physicians Club of Essex County, New Jersey. "Most of them after joining the club do a great deal of independent reading on medicine and physiology. They are quite familiar with medical terminology. The questions they put to doctors are keen and penetrating."

Nor are they awed by the amazing new concepts of surgery and medicine. Dr. Harvey Einhorn took a group of

Future Physicians from Millburn, N.J., to a hospital where new and complicated electronic equipment had been installed.

"Do you understand how it works?" he asked the students.

"Oh sure," was the offhand reply. "It's old stuff. We learned all about it last year."

Said Dr. Einhorn: "When I was in high school we certainly didn't know the things these kids do. Today's youngsters are science fans — they read every-



"Got a prescription?"

THE AMERICAN LEGION MAGAZINE

thing they can on the subject, go to exhibitions, study models and are as familiar with the workings of scientific and electrical equipment as they are with the Twist."

As quickly as possible, the kids are indoctrinated into participation. Medicine becomes alive and fascinating when they begin doing things. On field trips they become familiar with the workings of blood banks, orthopedic cast rooms, and are introduced to laboratories and X-ray departments. They receive on-the-spot demonstrations. They are shown how a cardiograph works and are permitted to experiment with it on each other — Dr. Kalb says most of the members can read a cardiogram and give an accurate diagnosis from it. The youngsters are instructed how to take blood pressure and temperature, how to handle a surgical patient, and how to apply a splint.

At scheduled periods, groups of youngsters are permitted to watch major surgery and to listen to highly technical explanations as the work progresses; they sit in on bedside consultations and accompany doctors on ward rounds.

Most of the operations observed are invariably duplicated on animals. With the virtuosity worthy of Doctors Casey and Kildare, the future physicians perform cleft palate operations on mice, intricate brain surgery on frogs, cataract operations on pigs and rabbits — operations which receive the accolades of surgeons who are specialists in these fields.

Recently, Dr. Einhorn was a bit startled when a 14-year-old boy asked him for some antibiotics.

"Why do you want antibiotics?" the doctor asked.

"I just removed a kidney on a rat. I figure if I give it antibiotics, I'll keep it alive longer," answered the boy. He received the necessary medication for his experiment, which was being conducted in a hospital laboratory under the supervision of practicing physicians.

"This is the kind of boy we want in the Future Physicians Club," said Dr. Einhorn. "He will make an excellent doctor."

At the start of the program there were many reservations about exposing youngsters — most of them under 18 and some as young as 14 — to the impact of death and disease. The sights, smells and sounds of sickness might be too shattering for their tender years.

There were others who frankly felt that having teenagers around a hospital or laboratory would be a big nuisance. But the youngsters have proven to be not only helpful and dedicated, but a lot less squeamish than their elders.

"A young teenager doesn't react to tragedy the way an adult does because it's something he's never experienced," said a hospital attendant. "When he sees a blind person or someone suffering from a heart attack, he doesn't put himself in their shoes; he doesn't identify with the patient. As far as the teenager is concerned, they're simply people in need of care and he responds wholeheartedly."

Though their sympathies are quickly reached, there is very little false sentimentality among youngsters. They accept the facts of illness, deformity and impending death as literal facts of life. Nor do they show revulsion or fear even in the most crucial situations.

Recently, the Future Physicians Club of West Side High School of Newark, N.J., visited the Overbrook Mental Hospital. They were spared nothing. As the doctor led them from ward to ward, they saw patients jabbering, screaming, crying, tearing at their clothes; others sat on benches staring blankly, unaware of where they were or what was happening.

(Continued on page 36)

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3. Do you now have, or during the past five years have you had, heart trouble, lung disease, cancer, diabetes or any other serious illness? Yes _____ No _____. If Yes, give dates and details _____

I represent that, to the best of my knowledge, all statements and answers recorded on this application are true and complete. I agree that this application shall be a part of any insurance granted upon it under the policy. I authorize any physician or other person who has attended or examined me, or who may attend or examine me, to disclose or to testify to any knowledge thus acquired, and I waive on behalf of myself and of any person who shall have any interest in such insurance, all provisions of the law to the contrary.

Dated _____, 19 _____ Signature of Applicant _____

GMA-300-6 ED, 1-62

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(Continued from page 34)

Said 17-year-old Beth Weingest, Vice President of the Club: "None of us had ever seen anything like it. It was a terrible sight — one we'll never forget. Some of the girls cried when they saw their misery." And she added: "But it was a worthwhile experience. It broadened our understanding. We gained a knowledge of mental health we never could have learned otherwise.

"Afterwards, the psychiatrist spoke to us. He told us he was the only psychiatrist available for all the patients. We realized how great was the need for more psychiatrists — how desperately trained help was needed."

The kids are not the only ones who find medicine fascinating. A young high school faculty advisor who accompanied a group on a tour of medical schools was so impressed with what she saw that she applied for admission to medical school and is now on her way to becoming a doctor.

The appointment of Dr. Janet Travell as personal physician to President Kennedy has given girls a new stimulus for entering the medical profession. They make up a third of the membership of Future Physicians Clubs and they are assured of a welcome. Many of them will go on to medical school. Today, only 5 percent of all medical students are girls. Dr. Kalb believes that within the next few years that number will be tripled or quadrupled.

Other female members plan to become dietitians, lab technicians or therapists — all fields which have suffered disastrous shortages. After working in a hospital, many girls become convinced that nursing is the most rewarding profession in the world.

There are more than 300 Future Physicians Clubs throughout the country, with membership in individual clubs ranging from ten to over 100 persons. In Essex County, N. J., which was recently cited by the AMA for its outstanding work, there are 42 participating clubs, covering every high school in the county. Members are required to maintain at least a "B" average and to have a definite interest in the biological sciences.

Soon after joining, members must take a first aid course given by the American Red Cross. Upon completion of the course, they are supplied with arm bands and put their knowledge to immediate use by acting as assistants to doctors at all athletic events.

Members are also required to spend several days a month working in a hospital. Many of them give up their week ends, doing whatever work they are assigned. Jobs which at home would be drudgery are done with dispatch and with obvious willingness. They run errands, write letters for patients, carry

trays, wheel patients to and from the operating rooms, help out in the emergency room, work in the record room, check supplies, work in the laboratory — in fact they do anything and everything that needs doing.

And to each job they bring an attitude of dedication and responsibility. Being an active part of hospital life, coming face to face with real sickness, having a chance to be of use, working with real doctors — even when their aid consists only of holding a bandage or sterilizing a needle, gives them a feeling of accomplishment.



"Something about finding my unmailed birth announcements in the pocket of your old coat."

THE AMERICAN LEGION MAGAZINE

For a hospital is a world apart and the youngsters react to its inherent drama, its need for selflessness.

"Kids yearn to participate in real-life experiences, and are starved for essential work," says Dr. Fred McLaughlin, Director of Public Education Associations of New York City.

The youthful medics behave with the decorum and dignity that their future profession requires, but they add a lively touch to the hospital world. "Just the sight of those youngsters with their fresh young faces and smiles cheers everybody up," says a hospital executive. "And they're so willing and dependable! They never seem to run down!"

The kids tend to grow up quickly while working in a hospital. Even the brashest youngster calms down and finds a new set of values. Said one youngster: "Working in a hospital has changed my viewpoint. The things I used to think were important — like having lots of clothes and good times — I don't even think about any more,

they're so unimportant." A girl volunteer expressed it differently. "I feel fulfilled," she told her counselor.

And while they're working, the kids are examining their future careers, learning about the many opportunities offered by medicine, deciding what part they want in it. They become familiar with various specialties such as: surgery, cardiology, pediatrics, and psychiatry. They learn about the opportunities for doctors in such specialized fields as: industrial medicine, research, public health, teaching and administration. For medicine offers something to students whose interests range anywhere from rocketry to botany.

Once a youngster's interest is aroused, it is not allowed to wane. Many of the Future Physicians Clubs' members are given regular jobs at hospitals during summer vacations to help them earn money for their medical education. And doctors take a personal interest in promising students, often helping to arrange scholarships which are now being offered by many medical societies. Typical is Pennsylvania's Montgomery County Medical Society, which is offering a four-year scholarship with \$1,000 to be awarded annually toward the cost of tuition in any medical school chosen by the winner. The only requirements are that the winner be a county resident, be accepted on his own merit to a medical school and promise to work hard.

With the spiraling cost of education, the need for scholarships and loans is of paramount importance. The AMA, recognizing that the high cost of a medical education is perhaps the most important single factor in determining whether a student will choose medicine as a career, has set up an Education and Research Foundation which has as its main purpose a loan guarantee program for medical students, interns and residents. The program provides long-term loans, made through a bank, with the AMA-ERF acting in effect as co-signers. It was started in March, 1962, and by the end of the year had already loaned more than \$6,000,000 to some 4,694 borrowers, including interns, resident doctors and 2,890 physicians-to-be. But this is far from adequate. The AMA recently announced that requests for loans from future doctors arriving at the rate of 150 each week cannot be met until additional low-interest fund programs are established.

The government, too, has taken cognizance of the need for training more doctors. In an effort to relieve the doctor shortage, President Kennedy is currently sponsoring a bill to provide \$750 million for the expansion of medical education over the next ten years. The plan includes building many new medical schools.

Said former Secretary of Health Abraham Ribicoff: "The AMA recognized some years ago the urgent need to expand our medical schools and set up a fund for financing this expansion — a fund to be supported by contributions by doctors. It was a drop in the bucket. And now the AMA agrees somewhat belatedly that government action is needed to help solve the problem."

Concern over the quality of doctors and dentists who are at present coming into practice caused Mr. Ribicoff to warn that our medical and dental schools must open their doors to a much larger number of fully qualified students and not just to young people of substantial means. He asked Congress to provide scholarships each year for more than 10,000 future doctors and dentists. If Congress approves this plan, the scholarships will be administered directly by the schools working closely with Future Physicians Clubs. Promising students who need financial assistance may receive as much as \$2,000 a year for four years.

Other scholarships and loan funds available to students aspiring to be doctors are listed in a booklet entitled "Need A Lift," compiled by the staff of the Education and Scholarship section of The American Legion's National Americanism Commission (P.O. Box 1055, Indianapolis, Indiana). The booklet points out that there is scarcely a college in the United States without a scholarship fund, loan fund or other service like a student employment office; that many state governments and the Federal Government offer educational aids, and that a vast number of private organizations offer scholarships. Many of these are listed in the booklet, as are the 44 states which have laws authorizing educational assistance for sons and daughters of veterans, particularly the children of deceased and disabled veterans.

The National Defense Education Act makes funds available to medical schools through their parent universities. Under the Commissioned Officer Student Training and Extern program, assignments are open each year to medical, dental, nursing, veterinary, pharmacy and health education students who complete either their second or third year of professional education on or before July 1st and who are interested in eventual careers in the Service's Commissioned Corps.

To meet the critical shortage of Negro doctors, the National Medical Fellowships Inc., which was founded after World War II, recently issued a publication entitled "New Opportunities for Negroes in Medicine." The organization, supported by foundations and contribu-

medical students and loans to Negro physicians. It also makes clear that medical schools throughout the country are accepting qualified Negro students.

Understandably, many parents are very interested in the Future Physicians Clubs. They approve heartily of the efforts made to guide their children in choosing a career. At a recent meeting for parents and counselors in Newark, N.J., there was standing room only in an auditorium that seated 350 persons. The parents came primed with questions on financing, loans, and scholarships available to medical students; pre-med requirements, opportunities for women in medicine and the challenges and rewards of a medical career.

Many medical societies now have permanent committees to answer questions asked by both students and parents, such as: What medical schools are best? Which ones have the greatest number of openings? How long will medical training take? How much will it cost? Where can scholarships be obtained? What preparatory subjects are most important?

Student AMA chapters at medical schools have also been drafted to help steer youngsters. Doctors point out that the medical student has a closer view of problems facing high school and college

students. To give them further help, members of student AMA's are now planning "career days" on campuses for students who are interested and want advisory services.

"Just how effective is the Future Physicians program will not be apparent for some time," says Dr. Kalb. "But already it is very promising. A large percentage of the boys and girls who join the clubs definitely plan to go into some phase of medicine."

Dr. Evert H. Wood, who is physician advisor to the Future Physicians Club of Albuquerque, N. Mex., recently announced that all of last year's members in that club are now in pre-med training in college. Clubs all over the country are revealing the same type of career interest.

Most Future Physicians Club members find that by the time they graduate from high school, medicine is no longer a mythical career which they may someday follow. Instead, it has become a partial reality. Their college years provide students with an opportunity to continue the exciting work they have already started. The AMA believes that eventually every metropolitan area with a medical center will utilize such a program to recruit doctors.

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AD 56104(F-21)

In pro basketball, the reverse is true. Excess weight works against a star. When Jerry West was discovered in his home town of Cabin Creek, W.Va., by West Virginia University Coach Fred Schaus, he was a bony, gangling kid. Years of big-time basketball playing never dispelled that suspicion of malnutrition. When Jerry, now with the Los Angeles Lakers, reached 6 feet 2½ inches, he weighed only 174 pounds. His constant, panther-quick jumping made him a star, but it also made him look underfed.

Among track stars, New Zealand's Peter Snell — conceded to be the fastest middle distance runner in track history — presents something of a physical oddity among the whippet-thin men who run the mile. In fact, the skinny milers he runs against often refer to him with a sort of puzzled respect as "a Sherman tank with overdrive." No doubt his build contributes much to his powerful but graceless running style.

Proportionately well-built, Snell has broad shoulders, 16½-inch calves and bulges with muscles at 171 pounds. He eats whatever he wants, pays no attention to his waistline, and never drinks milk except for that used in his tea and cornflakes.

Despite these physical violations, usually avoided by other track men, Snell upset Belgium's Roger Moens in the 1960 Olympic 800 meters held in Rome. In 1962 he ran the mile in a world record 3 minutes 54.4 seconds. A month later he cracked four world marks—the 800 meters, 1,000 yards and half mile. In May of 1962 at the Los Angeles Coliseum he breasted the tape in the mile run in 3 minutes 56.1 seconds—the fastest mile ever run in the United States until then.

Yet track men insist that he *looks* all wrong for a distance runner of distinction.

But there are superstars who *worked* to get the body they wanted. Still in the world of track, Don Bragg didn't set his pole vault record of 15 feet 9½ inches by accident. His specialized training developed his arm muscles far beyond the other muscles of his body. It was this topeavy look which gave him his extraordinary skill as a vaulter. He set his world record, not by form, but by the sheer power of abnormally developed arms. He worked hard at it, not only by excessive weightlifting, but through a peculiar system he'd figured out as a kid.

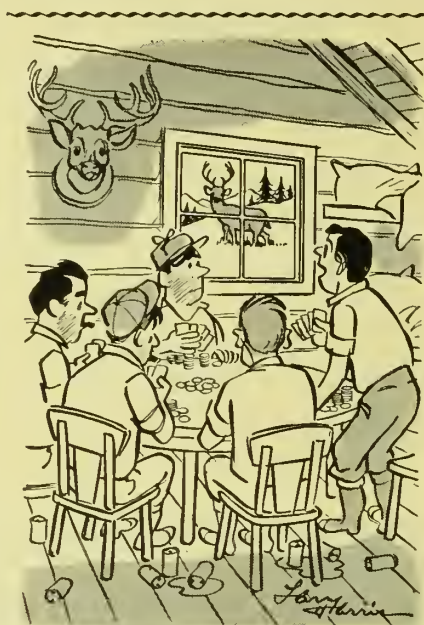
In his home town of Penns Grove, N. J., there had been a number of trees in the backyard. During boyhood, Bragg built platforms on the trees and taught himself to swing from one to another by a rope.

"I found out," he states, "that pole

vaulting is a lot like swinging, ape style, from tree to tree."

Playing Tarzan every day developed the top part of his body far out of proportion. But it turned him into a champ, not a chimp.

To go back a few years, there was a famous All-American from Harvard, probably one of the most famous linemen of all time. His pals called him Chub Peabody, but his square monicker was Endicott Peabody III, descendant of



"Oh, Oh! Anybody bring a gun?"
THE AMERICAN LEGION MAGAZINE

one of the country's oldest and most aristocratic families, who in November was elected governor of Massachusetts.

When he showed up at the freshman football field in Cambridge, he was 5 feet 10 inches and 165 pounds, and wore a size 14 collar. Nature hadn't endowed the society youth with prodigious strength or speed. All he had to go on was an unflinching competitive spirit. The freshman coaches recognized this in him, but they still thought he was a hopeless case on a gridiron. He wanted to be a guard, since he lacked speed, but with his thin neck and narrow shoulders he was nowhere.

At the close of freshman spring training, an assistant coach, Henry Lamar, took him aside and said: "Look, Chub, the only way you'll ever stand a ghost of a chance of making the varsity squad in the fall is to develop a strong neck and a strong back. A guard has to have both, to block and to tackle. You'd have to perform a miracle on yourself this summer to do it."

And a miracle was exactly what Chub Peabody performed on himself that summer. He completely changed his normal

physical appearance. He *literally* stood on his head that summer to become a football player. At his family's lavish summer estate in Maine, he worked on the development of his neck and back like a man possessed.

Every morning before breakfast he'd "bridge" his back and neck the way wrestlers do. He drove himself through 30 push-ups as often as his body could stand it. And he repeatedly did headstands and somersaults all through each day.

That fall, upon his return to Harvard as a sophomore, his neck bulged out of size 17 collars and his back was as broad as the beam of a barn. By mid-season he'd won a berth as a varsity regular. By his senior year he was overwhelmingly voted the most distinguished lineman in the land and received the coveted Knute Rockne Trophy as a reward.

Chub Peabody, the kid with nothing, had become a champ by making himself a physical irregular. The rest of the body didn't match the neck and back but as the TV commercial says, "It's what's up front that counts."

In the sometimes lethal world of boxing, Gene Tunney was a case of deliberate physical overdevelopment. The public may remember him best for his boxing expertise, but those who climbed inside the ring with him are more apt to remember the inhuman hardness of his fists.

Tunney's were the hardest pair of hands in the business — Dempsey's and Louis' not excepted, but he was not endowed by nature with these weapons. His natural fighting style was strictly orthodox — straight left-hand leads and straight right-hand crosses delivered from the shoulder.

Because blows delivered straight meant he'd run a much greater risk of sprained knuckles or thumbs than a hooker did, Tunney realized that he needed harder fists than did fighters in the "hooker" school. Tunney then went to great lengths to turn his hands into freaks.

The ritual of chopping trees and performing other hard manual labor wasn't enough for him. He constantly pickled his hands in brine in order to harden the skin.

His type of punch, straight from the shoulder, is the most destructive punch there is — one that will always beat a hooker's. But he couldn't have won the world's heavyweight championship with his orthodox style of punching if he hadn't deliberately made his normal fists into something superhuman.

However, pickling your hands in brine is child's play compared to what men do to their hands when they take up the

spectacular sport of *Karate*, sometimes called "hand-made mayhem." It is the most deadly form of hand-to-hand fighting man knows. The most skilled boxer in the world would not stand a chance in a ring against a karate player (or karateist).

The art began centuries ago in China, was developed in Okinawa and finally systematized in Japan. It is an art designed to kill or maim a man swiftly, and yet karate experts are nearly always mild, quiet men. The famous master of the art is a Korean, Masutatsu Oyama, who teaches the karate system in Tokyo. Oyama has made two tours of the United States, putting on demonstrations. During one of them he drove his hand through 11 roofing tiles, splitting the stack in two. In 1960, Oyama was set upon by four Tokyo hoodlums. When he finished with them they were all taken to the hospital in the same ambulance. "The concept of fighting fairly, using rules," says Oyama, "has no place in the handling of an unprovoked assault."

Oyama once said: "Karate is not a game, not a sport, not even a system of self-defense. It is a way of learning to die, a means of achieving inner serenity and tranquility. The karateist who has given the necessary years to exercise and meditation is unafraid—in a burning building, in an earthquake, anywhere. He has simply learned that every moment of life is a step toward death. This knowledge makes him serene." Today, with 90,000 players in the United States alone, karate is fighting hard to become a recognized sport.

But how does a karateist achieve serenity? In Oyama's case, he spent years living alone in the mountains, doing 2,000 pushups a day, pounding his hands against tree trunks until they were bloody, sitting under an ice-cold waterfall to learn concentration.

An experienced karateist can jab his stiffened fingers through a one-half inch slab of board—such a jab against the human solar plexus would be fatal. With one blow a karateist can split a five-pound rock—such a blow would fracture a human skull. It usually takes seven years of such masochistic practice to bring a karateist to full competence. They are easily identified by the disfiguring callosity of the first and second knuckles on each hand. The terrible force of the karateist's blow is due not so much to sheer strength as to blinding speed and *kime*, a Japanese word which—freely translated—means "focus," the concentration of maximum force on the smallest possible area. No wonder then that the accomplished karateist can split bricks, boards and rocks with his bare hands.

And karate, in a way, helps to explain why Robert Tyre Jones became the greatest golfer the game has ever seen.

Before he took up the sport, he showed no promise of becoming the robust man who emerged from the somewhat short, frail boyish frame which then seemed almost inadequate physical support for the impressively large head. Jones never grew tall, but he achieved amazing power in his drives, without height.

Through his dedicated rigors as a kid golfer, he developed thick, powerful wrists and big strong hands—all out of proportion to his small sized body. By the age of 12 he could already crash a golf ball 250 yards down the fairway, a distance that grown men more than eight inches taller than his 5 feet 4 inch frame could not achieve. He carefully developed the kind of power that stems from abnormally strong shoulders, wrists and hands.

One of the weirdest ways of achieving physical supremacy in a chosen field was figured out by the phenomenal Ethiopian long distance runner, Abebe Bikila, called the Hot Footing Hero of the Palace of Emperor Haile Selassie I. As a boy, Bikila raced wild animals, barefooted, frequently bringing home pheasant to the family table that he'd chased until the birds finally dropped from sheer exhaustion. This self-made training system gave him extraordinary endurance against human competitors in long distance runs. He was still a corporal in His Majesty's Imperial bodyguard when he confounded the experts at the 1960 Rome Olympics by winning the marathon in his bare feet. This past June he said farewell to the Emperor and departed for Europe's capitals to prove beyond any doubt that his barefooted Olympic triumph was no fluke.

He had developed such extraordinary powers of endurance in Ethiopia that, after leading his teammates on 20-mile training jaunts through the rugged hills, his pulse beat hardly faster than before he started.

When he arrived in Sweden at the start of his tour, he astounded spectators by doing calisthenics for ten full minutes after having shattered the immortal Emil Zatopek's record for the one-hour run. Before the 10,000 meters in Berlin's Olympic Stadium, he predicted that his countryman, Mamo Wolde, would win. And, close to the finish, he slowed down, allowing Wolde to beat him and make good his prediction. Bikila then said to his admirers: "I could go out and run another 10,000 meters right now if I had to."

Arnold Palmer, the current king of the golfers, does not look like a man built to kill par. With a narrow 33-inch waist, boyish hips and a mere 174 pounds, he has honed his physical frame for power. As he crouches over the ball, you notice the heavily muscled fingers, the solid arms and shoulders, the legs that almost bulge, and the leatheriness

MEN PAST 40

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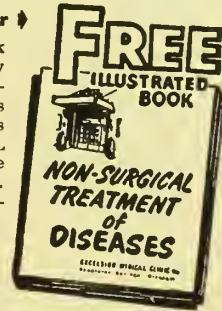
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of the hands. Palmer made himself that way, physically, because he had the desire to be a champ. He's thin looking below, but a heavyweight from the waist up. He can—and has—driven a green for 320 yards.

But for those who do not aspire to be superstars—those who just want a well-conditioned body that is symmetrical, the pleasant sport of swimming can't be beaten. It brings every muscle into play, yet taxes none. That's saying a lot when medical science tells us that there are billions of muscle fibers in every average-sized human body. Nearly half of the human body is composed of muscle. Some move voluntarily, others involuntarily. But if you do a fair amount of swimming, walking, perform occasional calisthenics, take part now and then in a game of handball, volleyball or softball, you'll keep those muscles rippling

enough to build a well-conditioned body.

Fencing, too, is a fine sport for all-around development of physical symmetry. George Santelli, the Olympic fencing champion of years gone by who now conducts a fencing school in Manhattan says: "Fencing develops coordination and agility of muscle and brings out the utmost speed of the body. It gives you muscular stamina in a way that boxing does, but unlike boxing you do not wind up with cauliflower ears in the event that you are not as swift or agile as your opponent."

As Dr. Stewart Wolf, chairman of the Department of Medicine at the University of Oklahoma, said recently to a conference of athletic coaches: "Everyone has a built-in 'governor' which prevents him from overstrain of the body tissues."

Only the superstars cheat on these

nature-given governors. They are to the human body what the regulator is to the boiler. They keep a man from physical strain that goes beyond safety's sake.

"But the champion in any sport," says Bud Wilkinson, the President's national health adviser, "is a man with no folding point. He risks his body and his health time and time again."

So—when the kid, stripped for the examining doctor on the occasion of that Army induction, said he was no good at any sport, he wasn't kidding. He was just a male animal who kept his body reasonably active at many sports. He starred in none. And that was probably why he had produced the kind of symmetrical, well-rounded body desired by most men. It's the superstars who overspecialize and turn into physical irregulars, one way or another.

THE END

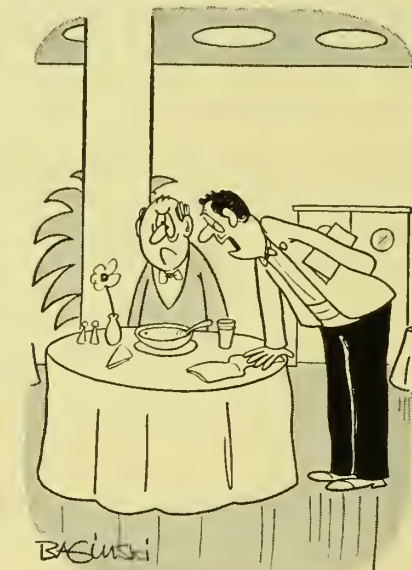
WAYSIDE INNS AND WAYWARD TAVERNS

(Continued from page 19)

you want to eat at Old Buck's, plan to stop there at 3 p.m. or a bit earlier. As Buck's guest you are conducted on a short safari where you may select the animal you want and shoot it yourself. Native bearers then slice off the portion of the beast you picked and tag it with your name. Later, it is cooked to your order outdoors and served to you in your own tent on the spacious patio of the Inn by waitresses dressed like heroines from a Hemingway movie set in Africa. You'll be enchanted with the whole atmosphere—dining by the light of Coleman lanterns while you listen to the throbbing of Mau Mau drums, recorded jungle noises, and the rumbling protests of your own stomach.

THE NAME-DROPPER ROOM—The first and last time you find yourself anywhere near Hardy, N. J., don't miss The Name-Dropper Room. You'll think you are in a photo gallery—and you will be right. Genial Jerry Heinzelman, your host, wants everyone to think he is buddy-buddy with every star of Hollywood and Broadway and that these celebrities travel miles out of their way just to dine with him. Actually, the only star he ever served was Rin Tin Tin, but Jerry doesn't discourage easily. From movie studio publicity departments, he has obtained 11,723 still shots of actors and actresses and has hung them on the walls to impress us less celebrated customers. Jerry confided that his restaurant might finally have made a profit last year if picture frames hadn't cost so much. Anyway, it's wonderful to study this photo collection while ordering such starry-named dishes as Mort Sahlad, Jack Paarsnips, Orson Beans, Nat King Cole Slaw, Anchovies Quinn, and Toots Shorcake. Before dinner, drink a Dean Martini. The night I dined at The Name-Dropper Room it was chock-full of celeb-

rities, but I didn't recognize any of them. **FREDDIE'S FIRE HOUSE**—It would be hard to find a brighter bistro in all Ohio than Freddie's Fire House, for here everything but the ice cream is served *flambé*. Kebabs blaze merrily on flaming swords, alcohol lamps sputter under charred chafing dishes, while *crepes suzette* flare up like bonfires out of control. It's a favorite place with fire-eaters. Start off the evening with one of Fred-



"It's not a fly — it's a large gnat!"

THE AMERICAN LEGION MAGAZINE

die's special Firewater Cocktails, then go on to his Blazing Bouillabaisse. After that, I'd suggest one of Freddie's Four-Alarm Steaks cooked at your own table with a blowtorch, or if you prefer exotic fowl, try the Flamingo Flambé with flames eight feet high. Popular desserts are the *Auto-da-Fé* (a brandy-soaked banana burned at the stake) and Arsonist's Delight (red raspberries smothered

in gunpowder and fulminated when you say, "Ready!"). A single demitasse of Freddie's *Café Brûlot* has been known to burn for hours. The charming decor is chiefly fire extinguishers, and on most nights, strolling musicians wearing firemen's hats, long red underwear, and soot-blackened faces go from table to table playing, "Smoke Gets In Your Eyes." The Fire House is easy to find; just turn off U.S. 89 at Wattles-on-Wabash and there it is — if it hasn't burned down yet.

LA GAI NOSTALGIA—This gaslit bit of upper Brooklyn's long-lost charm still struggles along on the reputation it gained during the Gay 90's. Lillian Russell's corset still hangs by the cash register along with a pair of Diamond Jim Brady's socks. Here the historically-inclined gourmand may view Grover Cleveland's mustache cup, Admiral Dewey's water wings, and a slipper of the great Sarah Bernhardt from which Mark Twain refused to drink champagne. Legend has it that Stanford White was stricken here with ptomaine one night, and began eating instead at Madison Square Garden where he was finally shot. The original, block-long Gentlemen's Bar is still in use and so is the original bar rag. Indeed, here there is so much Americana on which to feast the eyes that the diner may forget all about eating — which isn't a bad idea.

STAN'S BLACK DIAMOND DINER—You will go far to find an eating spot with the quaint charm of Stan Stanislovsky's Black Diamond Diner on Route 434B near Colic, Pa. The gourmet quality of Stan's old world cuisine is evident from the number of huge trailer trucks you will find parked outside, day and night. "Ain't no coffee like that nowhere," one of these epicures told me, as he gunned his motor and headed for

Binghamton. I knew what he meant when I tried a cup. While there, I also savored the specialty of the house—The Teamster's Tastee Treat, an indescribable hamburger loaf with fried apple-sauce. Of course, with such *haute cuisine* nothing goes so well as a vintage Bordeaux red wine, slightly chilled, and Stan's cellar is famous. Ask Stan for a bottle of *Chateau Mouton d'Armailhac* 1919 and he will just stare at you. Or he may summon the wine steward to throw you out. At any event, you will enjoy the music from the jukebox; Stan likes it turned up loud to drown out the complaints of customers.

THE NEW ANTIQUE BARN—The New Antique Barn and Dining Museum is located just a stone's throw off the New England Turnpike at Fretful, Maine, but can only be reached by going back to Massachusetts and returning via U.S. 79. Everything in the Barn that hasn't been nailed down—and much that has been—is for sale. Even the restaurant tables (cleverly fashioned out of old sewing machine stands) may be purchased. Whatever money the diner has left after settling a whopping meal check and leaving a generous tip may be spent on such collector's trove as a copper still from the Whisky Rebellion, a 1907 Aperson Jack Rabbit, "The Cotton Mather Cook Book," a bootjack for the left boot once used by Peter Stuyvesant, a loaf of Mother Revere's Grist-Ground Maple-and-Pine-Bark Bread, a binnacle light allegedly from the schooner *Hesperus*, picture postcards showing the Fretful (Maine) Public Library, and a collection of hard candies dating back to King Philip's War. Considering all the priceless antiques which jam this restaurant, it is mighty kind of the management to allow people to eat there. Be sure to try the Indian Pudding; if you don't care for it, there is a lurking Indian who will eat it for you.

THE HOOSIER CANALMAN—The motoring gourmand whose route takes him along the old Erie Canal (not the new one) is advised to stop in the hamlet of Smoked Locks, N. Y., for a meal at The Hoosier Canalman. This picturesque hostelry, built smack across the towpath, dates back to the building of the great waterway, and the diner may read all about it in the oversized menu printed in three-point type. Then he may read about it all over again on the educational paper tablemats. He may read the same history still another time on the imposing plaque over the cashier's desk, and again in the little brochure which is pressed on him as he leaves. If the gourmet doesn't know how to build a canal by this time, there isn't much hope he ever will. The Canalman takes its name from and makes much of the fact that it was once the rendezvous of Hoosier canalmen. If a Hoosier canalman ever walked in today, he would be refused service for not

wearing a necktie. Dinners are served from 5:07 to 7:23 p.m., to coincide with the closing of the canal locks; when the locks are open, there is no way in or out.

THE SAGGING WHARF—For seafood lovers who enjoy eating with salt water lapping at their heels, an unobstructed view of mud flats, and such tangy harbor scents as dead clams and diesel oil, no place beats The Sagging Wharf on picturesque Cape Flounder. You'll rave about the colorful paper lobster bibs which are tied about your neck by peg-legged waiters dressed in oilskins. Incidentally, the lobsters—caught in pots in the Wharf's own cellar, so to speak—cost only three or four times as much as you would pay for them back home in Kansas City. My host, Pierre the Merry Fisherman, assured me that this is right—that lobsters should cost more at the seashore than far inland because in transporting them from the port of entry, lobsters tend to lose weight both in the big lobster roundup and in the drive to the stockyards due to a lack of grazing grounds along the way. Sounds reasonable, doesn't it? By all means try Pierre's Starfish Stew, but do not ask to inspect his kitchen no matter what the guidebooks say. The last gourmet who wandered into Pierre's galley brandishing a meat thermometer was gagged with seaweed, handed a large anchor and made to walk the plank. The Diners' Club is still looking for him.

LUM FONG'S STEPHEN FOSTER PLANTATION—For a real taste of ante-bellum Dixie, drive out to Backward Bayou, La., and visit this authentic plantation house where cordial innkeeper "Old Marse" Lum Fong (whose family, he says, have had it for generations) will personally introduce you to such delights as Southern Fried Chicken Sub Gum basted with North Cantonese White Lightning or Sweet-and-Sour Hog Jowls and Black-Eyed Water Chestnuts. Ask to sit on the colonnaded, crumbling verandah with its lovely view of magnolias and cottonmouth moccasins. Or dine on one of Lum Fong's Far East Feasts in the Scarlett O'Hara Pagoda Room where you recline on the floor while hibachis of sukiyaki are dropped on you by pretty geishas. Downstairs in Lum Fong's Rathskeller, the *pièce de resistance* is *Sauerbraten mit* Armenian stuffed grape leaves (and no small trick it is to stuff those Armenians). The pasta is excellent, too, and everything is cooked Southern style—just as Robert E. Lee would have liked it.

Well, there you are—our own adventures in dining out. If we've forgotten anything, it is Pappy's Hobo Jungle along the Union Pacific tracks near Whilom, Ore., where slumgullion is served in rusty tin cans around a bonfire of old credit cards. There are some things a diner just can't forget, no matter how hard he tries.

THE END

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HOW TO SLEEP WELL

(Continued from page 15)

so sharp at chess after 60 sleepless hours, floundered miserably when given tedious, routine work to perform — that of checking a manuscript for typist's errors.

It is thus obvious that one should not judge his sleep needs by temporary flashes of brilliance which he may display when hopped up by tension brought on by lack of sleep. It's your all-around efficiency that should be your measuring stick.

Once you have decided how much sleep you need and established your sleep cycle, the extent to which you can follow it will depend largely upon how you behave all day long, not on how you behave just at bedtime and after going to bed. Regular meals and regular bowel movements contribute to regular sleep, medical men say, and most of them also prescribe regular exercise for people in sedentary jobs. Millions of us could throw our sleeping pills down the drain if we would only develop a little physical fatigue every day by working out in a gym or walking four or five miles instead of driving.

Men past 35 are advised to increase their exercise gradually, however, for it throws extra work on the heart, and the sleep experts warn that there is one period during the day when you should not exercise. Calisthenics or a brisk walk just before bedtime can wake you up instead of making you drowsy. The best time for setting up exercises, as the Army long ago discovered, is first thing in the morning.

Coffee taken with or after the evening meal keeps some people awake. This may be because the caffeine which coffee contains is a stimulant, psycholo-

gists say, or simply because some people think it will keep them awake and therefore it does. But being kept awake by a notion is just as bad as being kept awake by a drug. Anyone who suspects that coffee or tea, a somewhat milder stimulant, is depriving him of sleep, should avoid it during the later hours of the day.

On the other hand, doctors have found that a nightcap containing alcohol — which is a depressant rather than a stimulant — can help some elderly people to sleep. But they prescribe just one such nightcap per night. Two or more drinks at bedtime may put you to sleep right way, but you're apt to wake up after an hour or so and have trouble going back to sleep.

Bedtime snacks are regarded by students of insomnia in much the same light as coffee and tea. They keep some awake they say, but help others to sleep. If you do eat at bedtime, what you eat is less important than you may think. During sleep, most of the functions of the body slow down. The temperature, blood pressure and metabolism are all lowered, but the digestive processes carry on as usual. Your never-resting stomach can thus handle anything at night that it can during waking hours — mince pie and Welsh rarebit included. But most doctors advise against loading up on large quantities of anything at bedtime.

As the hour for hitting the sack approaches, they also warn against getting overly stimulated about anything. An exciting television program or mystery story may get you so stirred up that you can't sleep. It is also unwise to play cards at night if you're inclined to re-

play every hand after you get between the covers. Anger should be avoided like poison. If a certain newspaper columnist or radio commentator always makes you burn under the collar, don't expose yourself to the knucklehead's stupidities after nightfall.

While you are encouraging the gradual approach of the sandman, don't let him sneak up behind you and knock you out with a cat nap. Even the briefest nap can be highly refreshing and if you pop off for 40 winks in your easy chair after dinner, it may cost you hours of sleep later on. If you feel a nap coming on, you probably can stave it off by taking a few turns up and down the living room or the front porch. However, don't exercise too vigorously.

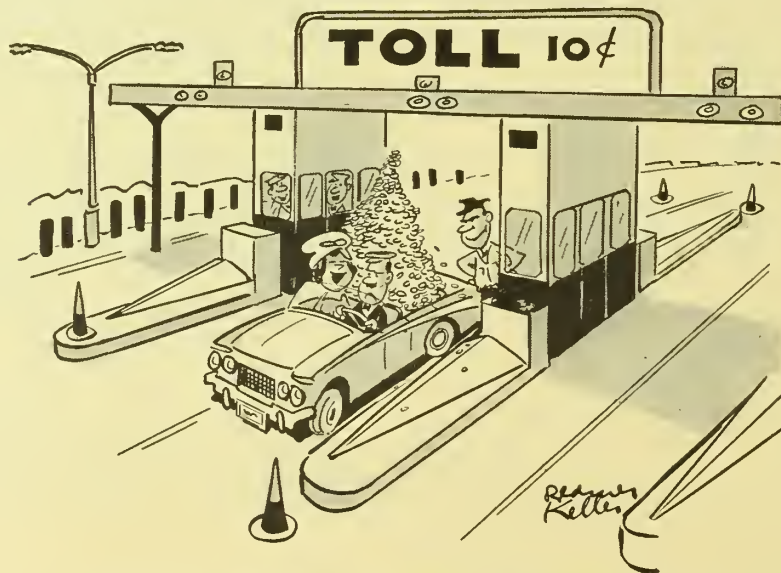
To promote relaxation and drowsiness, some doctors advise spending 20 minutes or so in a tub of tepid water (temperature 100 degrees Fahrenheit) just before retiring. After such a soaking, they say, it is best to pat yourself dry with a towel instead of rubbing, then walk slowly to a previously arranged bed and crawl into it with a minimum of movement to avoid disturbing your relaxed mood.

If you are married and your sleeping partner is a snorer, a bed hog or a cover snatcher, you will sleep better in a single bed than a double one, and contrary to what the population explosion might lead you to suspect, more and more people are sleeping alone these days. At the moment, six twin beds are being sold to every two doubles, and surveys indicate that by the age of 45, two out of three couples prefer to sleep separately.

If your spouse's sleeping habits don't interfere with your own, however, it makes little difference what kind of bed you choose, or whether the mattress is hard or soft, or if you wear pajamas or only their tops or bottoms or none at all. But it is important to have a well-made bed where you won't throw off all the covers the first time you roll over, or get your feet tangled in the sheets and be awakened by a nightmare about being caught in a bear trap.

The average sleeper makes 40 major moves during the night, including 12 full body turns, and recent studies at Mt. Sinai Hospital in New York City have shown that dreams are directly influenced by external stimuli. In one series of experiments, a small amount of water was sprayed into the faces of sleeping patients from an atomizer. This gave rise to dreams about the roof leaking, being out in a dense fog and other subjects related to water.

Since the sense of hearing as well as that of touch is involved in the sleep



"I guess they've had that \$1,000 bill stunt pulled on them before, dear."

THE AMERICAN LEGION MAGAZINE

process, a quiet bedroom is always desirable, and the repetition of certain soft sounds, as in a lullaby, can help make you drowsy. Many people use record players or radios equipped with automatic turnoffs to lull them to sleep, and others go in for electronic devices designed to produce soporific sounds.

One of these gadgets, sold in a commercial sleep center in New York City for \$69.95, is called a "sound conditioner" and offers the insomniac a choice of three soothing sounds — ocean surf, gentle rain on a cabin roof, or so-called "white sound," which is reputed to "blend all sound frequencies audible to the human ear, to lull the senses and hasten the onset of sleep."

Other devices at this sleep center, operated by Norman Dine, who is sometimes called Mister Sandman because he has devoted his life to merchandising sleeping aids, include vibrating mattresses and electric massagers which are said to dispel tensions through the sense of touch, and humidifiers and tranquilizing scents which attack them through the sense of smell.

Scientific evidence that we can sometimes snuff our way to sleep was uncovered a few years ago by Dr. Donald A. Laird, former director of psychology at Colgate University, who made extensive studies of the effects of odors on slumber. He found that certain scents, including that of balsam, were restful to most people, encouraged deep breathing, and distracted their attention from worries that usually kept them awake. Nervous women who could not sleep in strange hotel rooms, Dr. Laird discovered, could really pound the ear if the rooms were sprayed to smell like their own bedrooms at home.

Of all the modern gadgets devised to help us sleep, perhaps the most elaborate is the "aquarest," an experimental couch developed at Princeton, N.J., by the Aquarest Corporation. Actually more of a tub than a couch, the aquarest is filled with a solution of primordial salts which is so buoyant that the sleeper floats in it without sinking and enjoys a sense of weightlessness similar to that experienced by astronauts on their trips through outer space. The sleeper thus feels relieved of the pull of gravity, which is called "the main enemy of sleep," and also has the advantage of "salubrious biochemical action, constant body temperature, and built-in hydro massage."

When you take a nap in an aquarest "you feel your body completely disappear," according to Clark Cameron, president of the Aquarest Corporation, and after three hours afloat in one of them you are as "completely refreshed" as after eight hours of ordinary sleep. Margaret Mead, the anthropologist, who served as a consultant during the development of the contraption, has described

the aquarest as "the cradle of the deep."

However, since these cradles are currently priced at \$990 each, it seems unlikely that they will be the immediate solution to all the nation's sleeping problems. Furthermore, most of us can make our bodies "disappear" without such gimmicks, psychologists say, if we will conscientiously practice a few Yoga-like exercises after going to bed.

One way to do this is to lie on either side in a relaxed position with one leg advanced in front of the other and concentrate on the idea that every muscle and nerve of your body, starting with those in your toes, is gradually releasing its tensions and becoming loose, saggy and relaxed. While doing this you should breathe slowly and deeply with your eyes closed but with your mouth slightly open.

Another exercise that many people find helpful calls for a bit more physical effort. You lie on your back with your hands resting on your abdomen and your eyes closed, then draw a long, slow, natural breath, letting your hands fall outward and your eyes open slowly until, at full inhalation, you are looking at the ceiling. You then release your breath just as slowly as you took it in, returning your hands to their previous position on your abdomen and letting your eyes close. Repeat this exercise ten times, claim some of its advocates, and you may be in the arms of Morpheus before your eleventh attempt.

What you do with your mind about inviting sleep is more important, however, than what you do with your body. Worries over unsolved problems, anxieties and regrets, feelings of guilt over things done or left undone — such emotions are the handmaidens of insomnia, but they can be routed if you try hard enough. The thing to do when you go to bed, psychologists say, is to cultivate a don't-give-a-damn attitude about both yesterday and tomorrow and think of yourself strictly as a creature of the present floating to dreamland on a pink cloud.

If you find it hard to do this, you can at least substitute soothing thoughts for those that are disturbing you. By counting sheep jumping over a fence, reciting a line of poetry over and over again, or listening to the fancied clicking of train wheels on rails or the regular droning of a fog horn at sea, you can slow down your brain's activities and ease your tensions.

Most important of all, if you still can't go to sleep, *don't worry about it*. Neurophysiologists have discovered that by lying in a horizontal position, completely relaxed, we do both our brains and bodies a great deal of good even if we remain conscious. And if you lie there long enough in a tranquil frame of mind, the chances are you will fall asleep.

THE END

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Secret Army (O.A. S.) failed in Algeria. The regular troops of the French Government effectively sealed off blocks of the City of Algiers and mopped them up at their leisure. For lack of sanctuary, the Hungarian freedom fighters, despite the overwhelming support of the population, failed. Russian tanks annihilated them. Closer at hand, the counter-revolution in British Guiana failed last year when British military authority returned and re-established law and order against the forces endeavoring to oust the government of "I am a Communist" Prime Minister Cheddi B. Jagan.

After selecting a sanctuary from which the revolutionary forces can operate, it is then a matter of choosing for conquest a chunk of neighboring territory suitable for *guerrilla warfare* — a spot where the terrain handicaps the opposing police and military, where communities are scattered and where a small band of revolutionaries can, with comparative immunity, upset the economy and create destruction piecemeal. The jungles at the mouth of the Congo River, the impossible terrain of Laos, the bold mountains of Algeria, the thickly wooded Sierra Maestra of Cuba are perfect examples.

On the 15th of March 1961, small bands of revolutionaries destroyed their foes in hundreds of small towns and plantations in Portuguese Angola. More than 1,300 Portuguese blacks and whites were killed that night. It was months before Portuguese authority was re-established over these areas. Meanwhile, the raiders had disappeared into the elephant grass. They had run away to fight another day!

The next principle of a successful revolution is to wage *war by terror*, and avoid fighting the military and the armed police. This conquest by terror is deliberate — it is accomplished by killing unarmed men, women and children, making the scenes as horrible as possible. I have had first-hand experience with this. I have seen the mangled bodies in different parts of the world — Algeria, Angola, Kenya Colony, China and elsewhere. The Arabs in mutilating always slice throats. The Congolese savages chop up and sometimes eat their victims. The Mau Mau of Kenya favor strangling accompanied by considerable "Mumbo Jumbo" from witch doctors. Perpetrators of these atrocities normally do not understand the big revolutionary picture, but their leaders do. The director of killings in Angola is Holden Roberto. He is reported in the United States *Congressional Record* to have said from the sanctuary of Leopoldville: "There is reason behind all these terrorists." He was describing to a Paris re-

porter how his terrorists used a power saw to cut people in half, lengthwise. This is the same man who spoke with suave persuasion during his visit to the United States. Such war by terror promotes fear, uncertainty and chaos. It demonstrates to the people that the existing government cannot protect them. Consequently, they feel obliged to obey the orders of the revolutionary forces.

Another factor which aids successful revolution is that of choosing an area and timing suitable for gaining *popular support* either through intimidation or promises. Intimidation of a small community is sometimes accomplished by lining up men, women and children and killing a few. This serves as a convincing reason for obedience. Promises usually consist of offers of material goods, conquest of females, alcohol, narcotics, equality, freedom from work and taxes — in some cases even heaven-



ly rewards for killing infidels.

If the first steps have been successful, an important phase is ready — the occupation of a small *toehold* in the country being conquered. From this small territory comes a great cry to the world for recognition of the revolutionary bands as a national army of liberation.

Close upon the heels of recognition comes announcement of a provisional government in the seized territory, or of a government in exile if the seized terrain is not too secure.

This is where we Americans take a hand whether we want to or not, because representatives of the revolutionary government come to the United States, attend neutralist meetings in other countries, ask for financial support and some degree of *de facto* recognition. This usually puts the United States Government in the middle, because to support the revolutionaries is frequently to offend the existing government which may be militarily allied with the United States. Nonetheless, in the case of Algeria, our African expert and Assistant Secretary of State G.

Mennen Williams visited Algerian rebels in Tunis. His presence alone was viewed by many on both sides as *de facto* recognition of the rebel government. This was before France had agreed to give Algeria independence. Naturally, President Charles de Gaulle was not pleased.

Next comes a demand for *negotiation* to settle by reasonable discussion the dreadful situation which has resulted from the conflict between the revolutionary forces and the existing government. Negotiations are very effective on these counts: First, while the government representatives negotiate, their military operations against the revolutionaries normally stop — meanwhile, the revolutionary forces regroup and strengthen their position; Second, at the conference table, concessions may be won to advance the revolutionary cause. The revolutionaries endeavor through a promise of peace to gain political control of the entire country or at least part of the country.

Furthermore, the very fact of negotiating is a propaganda victory for the revolutionaries. It amounts to public recognition by the established government that the revolutionary claims have some merit and that the revolutionary leaders are the proper authorities with whom to discuss those claims. The "liberating" forces of Red China, having seized a big chunk of India's territory and having called for negotiations to settle the war which they created, are now being supported in their claims by the so-called non-aligned nations: Ghana, Egypt, Indonesia, Burma, Cambodia and Ceylon.

It is very important in successful negotiations to have a *moderate front man* serving for the revolutionaries, a man who is acceptable because of his known tolerance toward the existing government. He can always be gotten rid of after the negotiations. Benyousséf Ben Khedda, a fair-minded man in the eyes of the French, was ideal for negotiating a successful end to the Algerian Revolution.

The revolution having succeeded with the new revolutionary government in control, life begins all over again following the same original principles of the revolution. Unfavorable agreements are not implemented. A groupment of revolutionary forces is established with neighboring countries. Help is given when needed.

Long before Castro made any serious efforts toward improving the lot of the people of Cuba, he already was encouraging revolution in Venezuela. Closely bound with this expansionist idea is a lightning buildup of military force by the new government. The new leaders will accept arms, loans and technical

assistance from anybody. As Congolese Premier Cyrille Adoula has said: "I need help, I'll take it where I can get it."

Why? Because a successful revolutionary government recognizes that it cannot possibly live up to its promises, at least not in the immediate future. Therefore, it must maintain its position by force of arms; it must *eliminate opposing leaders*; it must *disband opposition parties*; it must, by propaganda, create a popular concept of progress. It must, as long as possible, maintain the popular illusion that the new government will give to the people the better life it has promised—despite interference by outside "imperialists."

This is the big time, the critical time for the new revolutionary government. The whole world watches these new leaders in a new environment. The big question is, do they have the competence, the tolerance, the broad vision, the self-sacrifice to give their people the economic improvement and the freedom long promised, or will they fail so badly that the people will feel as the Arab women who cried in the streets of Algeria, "Enough war and talk, give us bread" and the citizens of Ghana who murmured, "We have won our independence, but we have lost our freedom?"

WHAT ABOUT CUBA?

It being generally conceded in North, Central and South America that Castro and his government must go, the big question is "how?" With the departure of the Soviet-installed-and-operated offensive weapons, the big threat, particularly to our friends to the South, is that of typical communist infiltrating revolution.

One solution would be for the United States to declare war on Cuba, run up the flag, sound the bugles and charge! However, that is the old-fashioned way. It does have the advantage of a quick solution of the Cuban problem. There is no question of the ability of the United States to crush small Cuba promptly, even if Cuba is aided by Russians remotely based there. Direct intervention also has the advantage of simplicity and the avoidance of endless squabbling with dissident Cuban groups in exile. It appeals to the basic American fondness for openness in its international dealings. However, such an invasion by the United States would necessitate a reneging on many popularly accepted American principles. It presents the picture of the big imperialist beating up a little fellow. More to the point, such an invasion may very well force the Soviets into what neither they nor we desire, an all-out, world-wide atomic war. I personally don't think that such an outcome is likely, assuming that we would not find it necessary to use atomic

weapons — nonetheless, it is a risk.

Blockade of Cuba can help. Sanctions will handicap Castro, but only force, direct or indirect, can make his government fall. It is by force that communist governments are installed, by force that they stay in power and only by force that they are dethroned.

The best uses of might are the methods of modern counterrevolution to cause the fall of Castro's international enemy government. We should turn against Castro many of the same weapons of modern revolution which he and other revolutionary leaders have used to gain power. Of course, we, being Americans, will not stoop to all of the techniques used by them. Regardless of how effective *war by terror* might be, we do not and will not deliberately make war on women and children. We should, however, let all know that those who support Castro's bestial crimes will be tried and the guilty be given appropriate punishment.

First requisite for such a modern counterrevolution is that of *sanctuary*. We should give, to a new grouping of Cuban freedom fighters, a sanctuary either in the lands of our friends in Central America or, if necessary, in the United States. There we should organize, recruit, train, equip and "beef-up" a fighting force sufficient to liberate Cuba. This national army of liberation should enjoy our complete and absolute support so that there will not be another amateur-directed "Bay of Pigs" fiasco.

As quickly as possible, the liberating army should be transported by the United States to an appropriate spot in Cuba where a foothold can be established in the name of the national army of liberation and the newly established government of liberation. The amount of "beef-up" from the United States military forces will depend entirely upon the force necessary to assure immediate success. If it takes a mighty force, let it be a mighty force, so long as it is always a force of "Cuban Liberation" under the "Free Cuban Government in Exile"—with any other nationals serving as "volunteers." As soon as the new government has established itself on the mainland of Cuba, we should promptly recognize it as the legitimate representative of all of the people of Cuba and get as many other governments as possible to do the same. Then, on the invitation of the new Cuban government, we should give it whatever support is called for. This can include the open and overt participation by the United States Army, Navy and Air Force to protect it against the unrecognized government of Fidel Castro — a government which has betrayed the Cuban people on behalf of foreign interests and a hostile ideology; a government which has not been chosen by Cuban elections; a govern-

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(Continued from page 45)

ment whose actions of terror and murder have forfeited all rights to recognition as a civilized government fit to be in the Western Hemisphere.

Our only limitations placed upon the provisional government, the government of the counterrevolution, should be that it hold free democratic elections at the first opportunity. Our military forces should then be withdrawn, leaving the Cuban people and the Cuban government to manage their own affairs. We of North and South America will be safe in the knowledge that Cuba is again free of tyranny and is no longer a threat to the security of all of us.

Admittedly, this procedure is a bit more complicated and requires more time than direct invasion by the United States. However, it does employ proved, accepted principles of modern revolutions and modern counterrevolution. All over the world these principles have been accepted by the Soviets and by the West. The United States accepted the principle of sanctuary when the forces of China attacked us across the Yalu in Korea. The principle of sanctuary is accepted by us now as the government of South Vietnam is under attack from the sanctuary of Laos and North Vietnam. Our NATO ally, France, permitted the revolutionary forces operating in Algeria to enjoy the security granted by Tunisia. The forces attacking the Portuguese in Angola are directed from north of the Congo River, territory of the Congo Republic.

There has been no strong reaction against the principle of sanctuary either from the United Nations or from the United States.

The principle of volunteers was accepted by the United States in Korea when the regular army of Red China attacked us under the guise of "volunteers." Some of the best men fighting for Israel's independence were volunteers from the United States, including my old friend, and much admired fellow soldier, Mickey Marcus, a West Point graduate who, under the name of Colonel Stone, gave his life for the struggling new republic.

As for the quick recognition of a government, we have only to refer to 1903 and the prompt recognition of the revolutionary government in Panama by the United States under the guidance of President Theodore Roosevelt. At that time, the French having failed under Ferdinand de Lesseps to build the canal, the Colombian Government which controlled Panama was holding us up for more and more money. Then a revolution sprang up in Panama. It was promptly recognized by the United States and military aid was given. Colombia had little or no chance of putting down the revolt.

Our sending assistance to friendly governments that have called for aid was dramatically illustrated by the speed with which President Eisenhower dispatched the U.S. forces to Lebanon in 1958 when the recognized government of Lebanon called for our help.

A somewhat similar situation exists in our support of Chiang Kai-shek on his island of Formosa in his opposition to the government of Red China. And the call for help from the government of South Vietnam brought thousands of American fighting men to train, equip, transport and lead the armies of South Vietnam.

So, there is nothing radical about the proposed pattern for getting rid of Castro and his government. The United States is particularly justified in taking whatever steps are necessary 90 miles off the coast of Florida.

If we have decided that this sort of support will work some 8,000 miles away in South Vietnam, why won't it work in Cuba against Castro?

It should succeed in Cuba and the United States would be justified in making use of it. Americans died to liberate the people of Cuba from former tyranny. We are the ones who gave them their independence. We and the people of Cuba have had more than half a century of friendly mutual respect, common economic interest and joint military security against tyranny. It is our duty to see that this progress and friendship are not destroyed by an irresponsible government which has seized power and allied itself with international tyranny against every country, large and small, of the Western Hemisphere.

There will be objections, of course, that the Russians are still in Cuba in force, a point of fact on which we have heard disturbingly opposite reports from responsible leaders of our own country. But if we plan to help to free Cuba at all, is this an objection or a difficulty?

If it is an objection, then we will never free Cuba, for if the presence of Russians in Cuba stays our hand, they need only remain there forever to stay our hand forever. But if we accept their presence as a difficulty, what better approach to it than to cast the Soviets in Cuba in the role of fighting not us, but Cubans, and of opposing exactly the form of revolution which they have designed and championed all over the world?

This would be a serious political embarrassment to them. Modern revolutions succeed when political embarrassment is coupled with sufficient force, adequate sanctuary, a world voice, international recognition, and the mantle of righteous nationals struggling for their own freedom and independence.

THE END

Personal

Your 1962 Income Tax Compulsory Auto Insurance? The Indoor Archery Rage

Forget about the prospects of a Federal income tax cut when you settle up with Uncle Sam in the next couple of weeks. A cut wouldn't affect 1962 to begin with; nor should you make any wild guesses when estimating for 1963. Stick strictly to existing schedules. If anything pleasant happens, you can amend your declaration later on.

As usual, you have your choice of two tax forms for 1962:

- **1040 A** — the small, machine-type card for incomes of less than \$10,000, consisting of wages subject to withholding and not more than \$200 of income from interest, dividends, etc. This form gives you a flat 10% deduction.

- **Form 1040** — used for everything else.

If you have a choice between itemized deductions or a flat deduction, figure your tax both ways, then pick the one that favors you. But be sure that you are counting in every penny of interest and dividend income. The revenueurs are starting to set up an elaborate system of checks on this.

Also bear this in mind if you are using the longer, more detailed Form 1040:

- The ceiling on medical exemptions has been doubled.
- If you make a contribution of property, you will have to explain how the value was arrived at. (For minor items — say clothing — “self-evaluated” will do.)
- Any reimbursed expense-account expenditures not itemized for your employer will have to be itemized on your tax return if they are of any appreciable size.

★ ★ ★

Compulsory auto insurance could become a hot political potato in your state any time now. Only Massachusetts, New York, and North Carolina currently have such a law, but others keep thinking about it.

The big argument for compulsory insurance, of course, is that it is supposed to guarantee redress. The big argument against it — spearheaded by insurance companies and some traffic authorities — is that it encourages phoney claims, raises insurance rates, and fails to give protection against out-of-state drivers, stolen-car operators, and hit-and-runners.

[Partly because of the fear of higher rates, compulsory insurance made no headway whatsoever in 1962. Guesses are, though, that the subject is far from dead.]

Meantime, the hubbub has thrown the spotlight on a form of insurance that's never been promoted very much because it's so cheap — namely, “uninsured motorist protection.” This covers you and your family — but not your car — on injuries inflicted by an uninsured or hit-and-run driver. The cost usually is under \$5 a year, and the experts say it's well worth considering.

If you carry collision insurance (which pays for damage to your own car due to collision or upset), watch the size of your premiums. They will decrease as your car gets older — up to a point, then they flatten out.

At this final stage, ask yourself: Is there enough value left in the car to make such protection worthwhile?

★ ★ ★

Don't be surprised if your kids start pestering you for bows and arrows instead of the traditional air rifle. Archery is today's big sports rage.

One reason is the emergence of automatic indoor archery ranges — similar in design and concept to bowling alleys. Here you can shoot, singly or in teams, at moving targets which return by pushbutton. Automatic ranges are operated on a buy or lease basis, usually have satellite installations such as restaurants. Cost: Around \$7,000 per lane (some complete California setups have run as high as \$500,000). Some of the archery-range manufacturers now are hunting for owners and operators, offering territorial protection and building-operating advice.

Meantime, archery clubs (of which there are several thousand) are getting a new influx of members, both for “target” archery (shooting a fixed distance) or “field” archery (shooting over a course of varying distances, as in golf).

Cost of club membership runs upward from around \$10 a year, with an average of \$20-\$25.

By Edgar A. Grunwald

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I learned how these brave people had been able to survive years of the worst kind of captivity under the worst of conditions. They had never allowed their morale to waver or their faith in a Supreme Being to slacken. They had prayed nightly that deliverance would come and that General MacArthur would return. They believed the General was a man of his word and that he was God's emissary. They, in fact, never doubted that they would be delivered. The main thing was to hold out. When internees died — and many did — they buried them at the edge of the compound and fashioned crude little wooden crosses to mark their graves. We were able to identify most of these because information had been attached to the crosses.

A large percentage of the inmates of Bilibid were missionaries who had been captured and interned at Baguio early in the war. Many were Catholic, but there were Methodists, Presbyterians, Baptists, Seventh Day Adventists and those of other faiths. Some of them had been teaching missionaries and they had set up schools within the prison to teach the children. One, an Englishwoman, later taught Arthur MacArthur, son of the famous General.

Also among the internees were mining engineers, mechanics, professional men, businessmen and even a few millionaires. However, very few of them had anything. They had been rounded up and interned immediately after Pearl Harbor, and most were able to bring only their clothes and a few small personal possessions which they had long since bartered to Japanese guards for favors. Even the millionaires had no money, since the United States' State Department had frozen all of their assets as soon as they were interned.

Yet, despite these and many other handicaps, the internees had been able to survive. Next to faith, they practiced cleanliness. They were ragged and thin, but the entire area was clean and their organization superb. They had pooled their few possessions, and worked and prayed together to overcome short rations, disease and some minor indignities. The latter included having to bow to the Japanese guards. On the whole, however, there was no studied Japanese brutality, chiefly because of the skill, tact and diplomacy of one Philip Markert, of Los Angeles, Calif.

Phil, an official with International General Electric Company prior to the war, was en route to the States from Shanghai when he was interned at Baguio. Elected camp leader at Old Bilibid, he headed up a council which handled negotiations with the Japanese. Members of the

council also were elected by inmates, so that a bit of democracy crept into the grim old prison.

When grievances arose, and they frequently did, Phil would simply invite the Japanese Commander, who fortunately spoke excellent English, and some of his officers to thresh out the problems over a cup of tea or coffee which occasionally filtered through in Red Cross packages. Apparently, these small luxuries, plus Phil's charm, lulled the Japanese Commander into a state of false security. Even at the instant the heavily armed tanks of the 1st Cavalry Division, U.S.A., rode up to the prison gates to set the internees free, the Japanese Commander thought that they were Jap tanks which had been in the vicinity only the day before and thus he was caught off guard. As the liberating cavalymen rushed into the prison, he and his small garrison skedaddled or were shot down, leaving several files of records behind.

But the American tanks arrived not a moment too soon. On checking the abandoned Japanese files, the internees found an order stipulating that they were to be executed on the approach of the Americans. The 1st Cavalrymen never gave the Japanese Commander time to carry out that order. This fact can be vouched for by Col. Clarence S.

(Cap) Olson, now the Legion's national Legislative Director in Washington, who later moved into the front section of Old Bilibid as a member of the Army's Provost Marshal Division.

After introducing me to Phil Markert, Colonel Bogle took his leave, saying reassuringly: "Captain Dahlstrom, you are now in complete charge. Headquarters Army will give you anything you need—just ask for it!"

I felt terribly alone when the Colonel had gone — almost like a prisoner myself. Having been separated from my family for almost two years, I was a little bitter. I had also been quite ill coming up from the jungle. Then, a man and a small boy approached. The boy bowed obsequiously, but the man reproved him instantly. "Son, you never have to bow again, for the Captain is an American like us."

This incident seemed to do more than anything to bring me to my senses and snap the spell of self-pity that had held me in its grip. In an agonizing second I realized the awesome responsibility that had been placed upon me, and the trust these poor, starving people had in me, a total stranger. The nightmare I had lived for the past two years as a combat infantryman was forgotten. These were our people and they deserved the best.

I had no help. American troops were still very scarce in the Manila area, and all able-bodied men were busy taking the city block-by-block, building-by-building, floor-by-floor. At first, I didn't know where to begin. Grenades still exploded with shattering noises just outside the prison walls and the artillery and rifle fire made an awful din. Amid this bedlam, Phil took me by the arm and said in a fatherly way: "Captain Bill, you get the food and clothing . . . we will do the rest."

The internees at Bilibid had received occasional packages containing food, medicine and the small necessities of life from the International Red Cross and these, although often looted, had kept them from starving. The Japanese prison ration was roughly 1,000 calories a day, mostly rice, and this was not sufficient for people who were used to 3,000 calories a day.

The children, whose ages ranged from four to 12 years, naturally came first when food was at hand. Next priority went to the old and the sick, whom the Japanese Commander occasionally paroled to go outside for food on their word that they would return. They promptly risked their lives by tossing food over the walls to their fellow internees.

(Continued on page 50)

a Prayer

FOR APRIL

By Harold N. Millis

Chaplain, Department of Florida

Almighty God, I stand in humbleness before Thee, and with arms outstretched, in recognition of Thy mighty powers, ask Thee to hear the prayers of all mankind who seek Thy help and guidance for world peace. Imbue in the minds of those who guide our nation, the art of taking minute vacations to see the true meaning of fellowship toward all mankind. Instill in them the wisdom of Thy words, "Look and make it according to the pattern, that was shewn thee in the mount." (EXODUS 25:40) O Lord, I pray Thee to justify and forgive those who would have their fellow man doubt Thee. Remind them that Thou alone art ruler of all things and only Thou alone may determine our destiny. I lift my head and heart to Thee in prudent prayer and ask these things in Thy Holy Name.

Amen.

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(Continued from page 48)

As far as I know, no children were born to families in Bilibid. Crowded conditions made any increase in the population a serious economic threat, and the standard operating procedure for Japanese prisons in the Philippines was 30 days in solitary confinement for parents of a legitimate baby and 60 days if illegitimate.

The Japanese furnished no drugs or medicines, so the internees hoarded any surplus they received from the Red Cross. They did such a good job of this that we had to turn over some of their surpluses to Army supply officers following liberation to keep them off the black market. The prisoners had managed to hoard enough drugs to equip a small U.S. drug store today.

Fortunately, there were a couple of doctors in Old Bilibid and one of these, Dr. Richard Walker from Los Molinos, Calif., performed miracles looking after the health of the inmates.

I found the prisoners at Bilibid all living on two floors of their shattered and roofless building. Families were grouped in small areas separated only by bedsheets or other makeshift provisions for privacy. They cooked what little food they had in small, charcoal stoves provided by the Japanese. One internee, who had been an engineer in peacetime, had designed a crude outdoor sanitary disposal system consisting of a gasoline drum cut diagonally in half, balanced precariously on a steel rod. When it rained or when filled, the units—one for men and one for women and children—toppled of their own weight into an open sewer, thus emptying.

Part of the miracle of Bilibid is that more of the internees did not die of disease. Cleanliness and rigid supervision by a handful of professionals—plus the help they gave each other—were the keys to their survival.

During the bombardment of Manila, a shell had torn a gaping hole in the wall at the rear of the compound. This had been boarded up with thick planks to keep the prisoners from escaping. I had the planks removed and noticed that the hole led into a natural alleyway. Posting two internees as sentries, the other internees were permitted to go through the hole on their various errands on the promise that they would return. All of them did return. I also changed the name of the prison to Old Bilibid Internment Camp. These two simple moves did much to lift morale.

The siege of Manila was still going full blast and the Army's chief concern was to get the prisoners in condition to be moved to a safer place. This meant food and plenty of it. At first, we had only K rations. Then General MacArthur placed five planes at our disposal to fly in food supplies.

Soon we were getting canned milk, fresh meat, vegetables and dehydrated foods. The Army even took over an ice cream plant in Manila and the internees enjoyed the unimagined luxury of ice cream twice a week. Seeing the half-starved tots gobble it down reminded me nostalgically of my own three youngsters back home in Bloomfield, Nebr.

But there was also the danger of too much food. We had internees who could cook but we were afraid to trust them around an abundance of food, so we had to use the ration system. Still, one internee did die of overeating. With plenty



"You're gonna catch hell from the Communications Officer!"

THE AMERICAN LEGION MAGAZINE

of food at last, we still lacked fuel, water and professional cooks. The Army furnished some giant cauldrons and these we placed in large old fireplaces in the prison compound. We solved the fuel problem by hiring a Filipino to scrounge sticks and charcoal from the burned-out dwellings and debris. The Army Finance Officer in Manila was shocked when he received a bill for 2,700 pesos—about \$1,350 American—for this service, but it was worth it!

At this critical stage, a patriotic Chinese gentleman named K. C. Wu came to our rescue. Wu, unofficial "mayor" of Chinatown in Manila, had owned a large grocery store, a restaurant and a hotel in the city before the war. Furthermore, he held a master's degree from an American university and spoke impeccable English. The restaurant and hotel were completely destroyed along with the grocery store. But Wu rounded up the cooks, bakers, etc., and sent them to assist us. This fine man also gave generously of his own time and services at Santo Tomas.

The personnel of the Swiss-owned Alhambra Cigar Company in Manila sent food, tobacco and medicines to the

two prisons through the neutral Swiss Embassy. The water problem ended when Army engineers set up a purification unit seven miles away.

Things were going unbelievably well when suddenly I came down with an attack of dengue fever. For 72 hours I felt as if a freight train had run over me. Then a fine Filipino physician, Dr. Innocento Bonaparte Madella, came to the prison and nursed me back to good health. Major Ohlmstead came over from the American hospital and helped by giving us immunization shots. With water supplies cut off and the city still under siege, I was afraid of an epidemic.

The internees helped too. Besides Phil Markert, I remember particularly F. E. Delahunty of Sausalito, Calif., a happy-go-lucky Irishman with a keen wit and a face like Jimmy Cagney's. He had been an engineer with Baguio Mining Company before internment. And there was James J. (Jimmy) Halsema, of New Bremen, Ohio, who had been the Associated Press correspondent at Baguio before Pearl Harbor. These two always had a cheery word or a joke.

My greatest reward came, however, not when the Army awarded me its Bronze Star Medal for "meritorious achievement against the enemy in the operation of Old Bilibid Internment Camp, Manila, from 24 February 1945 to 16 March 1945," but when all the internees gathered around me to say goodbye. One little girl had received some white bread from the Army. I couldn't keep back the tears when I heard her say: "Look, Mommy, what is it—cake?"

The job of repatriating prisoners is a tricky one. Families cannot be split and internees cannot be sent where they don't want to go. But by mid-March, 1945, my part of the work had been completed, with the help of a sympathetic, understanding U.S. Army which doesn't always get enough credit for its many great rehabilitation projects in overseas areas. A fleet of trucks transported most of the internees to Nichols Air Field where they boarded planes for Leyte to await transportation to their respective homes. Strangely enough, some remained in the Manila area, although the fighting still raged there.

After Old Bilibid was closed, I moved with a few remaining internees to Santo Tomas and, as its Executive Officer, helped close out that prison. It was the same story there, but I was greatly aided by the Dominican priests who had constantly risked their lives to help furnish food, clothing and medicine for the prisoners during their confinement.

With the job of repatriation finished in Manila, the Army closed Santo Tomas on 31 July 1945, and I embarked for San Francisco, happy to be going home.

THE END



How Dangerous is Hunting?

Now that the 1962 hunting season is behind us and the hunter casualty lists are being compiled, some nimrods still have the uncomfortable suspicion it's not the safest pastime in the world. A few of us have been known to come right out and say so. "I wouldn't hunt in such-and-such county; there's a trigger-happy gunslinger behind each tree!" Although each season there are a number of accidental firearm fatalities and these, of course, are to be deplored, the facts show that sporting guns are a lot safer than even hunters might think. The annual fatality rate for all forms of accidents is about 55 per 100,000 persons. Autos cause about 23 of these; about 12 are due to falls, 4 to fires and 3 to drowning. Firearms cause 1.5 which is almost the same as the number due to suffocating or choking on food. Of our estimated 20,000,000 U.S. hunters, the annual accident fatality total due to firearms is approximately 500. That's 25 *ten-thousandths* of 1%. Your chances of being killed while hunting are about equal to your chances of winning the Irish Sweepstakes! In the never-ending effort to reduce firearm casualties, a new color is being recommended by safety authorities. To be stylish and safe, discard your old hunting wardrobe of red, scarlet, yellow or orange and get one in blaze-orange. Or, at least, add a blaze orange vest. Last year, a field study published by the National Safety Council and the American Optometric Assoc. proved the other colors are dangerous. Yellow can be mistaken for white, the color of a deer's tail, and red disappears in poor light. There's only one trouble with blaze-orange. We suspect it's just as visible to a deer. Certain foolhardy old-timers we know stick to forest green, and they always bring home venison!

CIGARETTE FILTER-TIPS can do more than hold back tobacco tars and resins, says Ronald Daniels of Detroit, Mich. They can keep a sharp hook out of your finger, too. Break off the filters, wrap a turn of Scotch tape around each to keep moisture from unravelling them, and slip one on each exposed hook of your lures. Or use one to hold several snelled bait hooks.

SOFT RUBBERY LURES in the form of worms, small fish, eels, lizards, etc., are becoming popular because they're excellent fishgetters, but they lack an important ingredient that would make them even more lifelike—scent. Most fish identify their food by smell as well as by sight. Only when ravenous will they trust their eyes alone. Jack Behrens of Baldwin, N.Y., suggests a remedy. He makes a small incision in each of his soft lures and into it tucks a small tuft of cotton soaked in cod liver oil. In

water, the oil releases a most convincing aura. In tests in which these oiled lures were fished alongside untreated ones, the fish went for them every time. The same trick will add appeal to any lure; just spear the cotton onto the trailing hook.

FRESHLY STOCKED hatchery trout have a weakness you might exploit, claims Al Nogard of Saddlebrook, N.J. When they're lazy and won't rise to your fly, toss a handful of pebbles into the water to stir them



up, and then immediately cast on top of the spot. They'll think they're back at the hatchery where a lot of splashing on the surface meant feeding time. Who says fish aren't dumb!

OUTSIDE SOCKS are the unusual hunting apparel of Paul Brey of Ontario, Wis. When hunting in dry noisy woods, to deaden his foot-sound he wears a pair of old woolen socks *over* his hunting boots. The padding doesn't kill all the sound, but most of it. "They let me sneak up on a deer like an Indian!" he claims. To this we'd like to add our own sock hint: wear them over your shoes when you're ice fishing, too; not only will they help keep your feet warm but will also make them skidproof.

SCOPE FILTERS will help sharpen your long-range varmint shooting this coming season, advises David Fisher of Allentown, Pa. He uses a yellow K-2 Wratten gelatin filter sold by most photo stores for about 65¢ which comes in a square sheet. Cut a round piece and snap in place against your eyepiece lens. Protect it from dust, moisture and fingers; gelatin is fragile. Lyman Gun Sight Co. markets a similar more durable deal, mounted in glass in various sizes to fit over the front end of your scope — \$2.95.

SONAR FISHING TACKLE is the latest miracle of our electronic age. Called V-Tackle by distributor Johnson Motors of Pasadena, Calif., it's a combination rod-reel-line outfit that lets you hear fish approaching the hook! The 12-lb.-test line is actually 7 braided wires. Attached to the rod handle, which also contains the battery, is an earphone and near the hook end of the line is a small pickup mike. It works — but

the angler must make sure the fish he's after are the gabby kind. And, of course, he must be able to understand grunts.

BLUE IS THE NEW HUE in fishing lures. Red-and-white, yellow-and-black have been the old reliable colors but a year or so ago someone tried a blue plastic worm, and the fish went wild. Now almost all tackle makers are adding blue to their lures. No one has been able to get a fish to explain why blue is so seductive, but here's part of the answer: research has shown that blue is the most visible under water.

WARMER HUNTING TROUSERS were the ambition of Roy Rogers of St. Louis, Mo., and so he invented his own. He found that trousers with those tight-fitting knitted ankle cuffs, tucked inside hunting boots, were warm, but allowed snow and rain to seep inside the boot tops. Ordinary pants kept out the weather, but let in the cold. So he combined the two. He took an old pair of the tight fitters, cut off the legs about six inches above their knitted cuffs, and sewed them inside the legs of his straight trousers. When donning them, he pulls the knit cuffs down inside the boots and the trouser cuffs over the tops of his boots. Result: warm legs and warm dry feet.

A FISH FINDER that sells for less than \$100 is now available for salt-water anglers who consider the hit-or-miss method too frustrating. Called Aqua-Probe, and made by the Columbia Bronze Co., it operates off the boat battery, and by a sound-echo method similar to sonar it tells you continuously the depth of the water. When the boat passes over a school of fish, however, the indicated depth suddenly lessens because the echo reflects from the fish instead of from the bottom. Then you start fishing.



RUNNING TARGETS of a new kind for rabbit shooting practice with a shotgun or .22 rifle are suggested by Tom O'Connell of Eau Claire, Wis. All you need are an open field, a stiff breeze, and some balloons or small thin plastic bags. Blow them up, knot the ends and let them go two at a time. The breeze will make them scamper over the field as erratically as a scared bunny. When the missed ones fetch up in the brush at the end of the field you can try your long-range shooting eye. Balloons will work on water, too, but if you're shooting a .22, be careful of ricochets; make sure you have a safe backstop.

If you have a helpful idea for this feature send it along. If we can use it we'll pay you \$5.00. However, we are unable to acknowledge contributions, return them or enter into correspondence concerning them. Address Outdoor Editor, *The American Legion Magazine*, 720 Fifth Ave., New York 19, N. Y.

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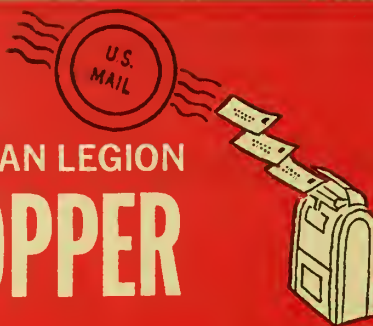


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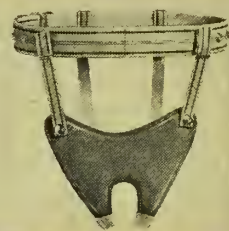
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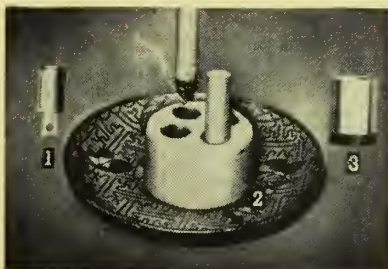


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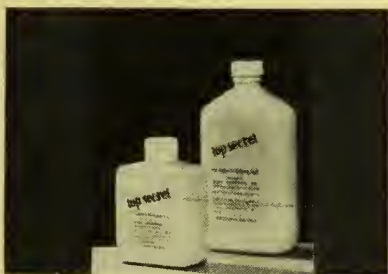
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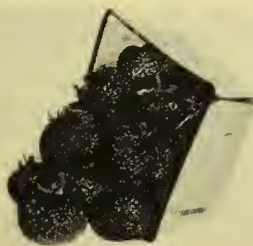
TOP SECRET exclusive formula gives natural looking color to grey or faded hair. Easy to use, no mixing, applied like a "tonic". Not a rinse or dye; will not streak or injure hair; will not wash out. \$5.00 for 6 oz. plastic container; king size 13 oz. \$9.00 ppd. **ALBIN OF CALIFORNIA**, Rm 44-61P, 3100 Vanowen St., Burbank, Calif.



ELEGANT DEMI-BOOT in smooth calf, outlined with hand stitching. This is the Romano, jaunty one-eyelet style. Molded sole construction. Black only. Sizes 5-13, medium width, \$15.95. Write for free catalog of other international favorites. **ELEGANZA IMPORTS**, Dept. AL-4, 893 Freight St., Brockton, Mass.



GET INTO IMPORT BUSINESS at home — men and women can build up a profitable home import-export business. Free book "How to Import & Export," reveals how you can buy bargains abroad for 400% profit sales to friends, stores, mail order. **MELLINGER**, Dept. K-304, 1554 S. Sepulveda Blvd., Los Angeles 25, Calif.



LUSCIOUS RED STRAWBERRIES! Train on walls, trellis, fences for a colorful "living wall" of firm, sugar-sweet, juicy berries. Shoots up to 6 ft. high, bears fruit spring, summer, fall, year after year. Shipped at proper planting times; 90-day replacement guarantee, 3 for \$3.98. **LAKELAND NURS-ERIES SALES**, Dept. SM1, Garden City, N.Y.

Vatican STAMPS

Only 25¢

Commemorating the
Centenary of the Apparition
of The Virgin Mary to
Bernadette of Lourdes



YOURS to treasure now and forever. From Vatican City — three *uncancelled* stamps (each 1 1/4" x 1 1/2") that "bring" the Miracle of Lourdes right into your home! 5 lire, azure blue, shows the Apparition of the Virgin Mary; 10 lire, jade green, shows afflicted pilgrim and holy basilica; 15 lire, sienna brown, with Saint Bernadette herself pictured. **DEEPLY MEANINGFUL MEMENTOS ANY CATHOLIC WILL BE PROUD TO OWN.** Now, only 25¢ with approvals. (Limited offer open to adults only.) Immediate refund if not delighted! **RUSH** name, address, 25¢ today to: **LITTLETON STAMP CO.**, Dept. AL-4, Littleton, N.H.

SAGGING STOMACH?

MEN...Look inches slimmer in your PIPER SLIM-R®



SLIM-R buoys you up firmly yet gently — gives you that welcome "rested" feeling that lets you work or play without nagging, energy-robbing discomfort. Broad, powerful high-grade elastic belt pulls in sagging stomach muscles — makes you appear inches slimmer. While wearing **SLIM-R** minor aches and pains caused by back strain are relieved. No-gauge stays prevent wrinkling, rolling. Comfort-design pouch gives that extra lift many men want. Snap-on pouch detaches for easy laundering. Satisfaction guaranteed or money back if garment is returned in 30 days postpaid. Send waist measure, \$4.98 postpaid. Buy two — one for changeoff — get third pouch support free.

PIPER BRACE CO., Dept. AL-43R
811 Wyandotte St. Kansas City 5, Mo.



No More Eyeglass Marks No Slip . . . New Comfort!

These Foam-soft cushions will **STOP** eye-glass slip and slide while they protect skin against irritation. **CUSH-N-GRIPS** are applied easily in seconds. A necessity for sportsmen and golfers. Supply of 8 nose cushions and 8 ear tabs in plastic carrying case.

WHIRLEE, INC. Dept. AL-14
31-01 Steinway Street, Long Island City 3, N. Y.

8 pair
\$100.
ppd.

HANDLED ENTIRELY BY MAIL

**BORROW \$1000
REPAY \$51.24 MONTHLY**

**BORROW \$100 TO \$1000 ON
YOUR SIGNATURE ONLY • 24
MONTHS TO REPAY**

Enjoy life, end money worries! Confidential **BORROW BY MAIL** plan provides cash for any purpose. Small payments, fit your pocketbook. Private, entirely by mail. No endorsers, no personal interviews. Fast service. State supervised. Details sent in plain envelope. No obligation. Inquire now.

Amount of Loan	24 Monthly Payments
\$100	\$ 5.93
\$300	\$17.49
\$500	\$27.69
\$800	\$41.93
\$1000	\$51.24

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317 So. 20th St., Omaha 2, Nebr.

Name _____
Address _____
City _____
Age _____ Occupation _____



YOU CAN STRIKE IT RICH When you own a 40 acre U. S. GOVERNMENT OIL LEASE



NEVADA OIL BOOM! Shell Oil discovered a multi-million dollar oil field in "Railroad Valley" near Ely, Nevada! Standard Oil, Texaco and other majors have geologists and seismographic crews working in the area right now. Our giant U. S. Government lease holdings, near producing wells, are available to you while they last! Thousands of American citizens who bought oil leases "struck it rich" and now enjoy incomes of \$3000 a month and more. Stop dreaming, act today, reserve your 40 acre oil lease in the rich "Railroad Valley" . . . choice parcels are going fast.

**RESERVE YOUR OIL LEASE IN NEVADA'S GREAT
BASIN NEIGHBORING SHELL, UNION, TEXACO,
STANDARD AND OTHER MAJORS**

30 DAY MONEY-BACK GUARANTEE
40 ACRES ONLY \$10 DOWN
ONLY \$10 A MONTH
(\$110 FULL PRICE)

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LARGEST OIL LEASE AGENTS IN
NEVADA LAND

Enclosed is my down-payment for my oil lease in "Railroad Valley" as close to Shell Oil as possible. I have a 30 day money-back guarantee after receipt of literature.
☐ Enclosed \$10 down-payment on a 40 acre parcel (\$10 per month payments)
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Name.....
Address.....
City.....State.....
You must be a citizen of the U.S.A. and over 21 years of age.



Protect Plants from Pet Damage

Your prized evergreens, beautiful flowers and lovely lawns are safe from dogs, cats and other animals when you guard them with Chaperone.

Why risk ruined flowers, burned evergreens, soiled lawns, when a flick of your finger and Chaperone's magic spray keep marauders where they belong?

Spray your garbage can, outdoor furniture, porch, anywhere pets are a bother. Harmless, humane, invisible. Has faint fresh air scent people don't notice, but animals detest. Lasts for weeks—rain or shine.

(Indoor Chaperone protects chairs, beds, sofas, rugs.)
Order long-lasting **Outdoor or Indoor Chaperone 5-1** in handy aerosol spray mist can, postpaid only **\$1**
Giant Economy-size Chaperone **\$1.59**

Special Offer: 2 Giant aerosols postpaid for **\$3**
(Your choice of 2 of a kind or 1 of each. No limit)

Money-Back Guarantee. Send \$1 bills at our risk.
CHAPERONE, Box 1988 Sudbury, Mass.

BORROW MONEY YOU NEED FROM US BY MAIL

B-I-C Cash-By-Mail Loans—\$100.00 to \$600.00
easy to arrange—easy to repay on 24-month
schedule. No co-signers or security needed.

DON'T DELAY—MAIL COUPON
Please send me, by return mail, Application
Form for B-I-C Cash-By-Mail Loan. I understand this request does not obligate me in any way.

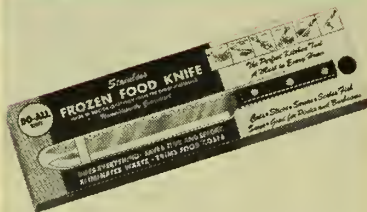
Name.....
Address.....

B-I-C LOANS
Div. Bankers Investment Co.
1106 S. WALNUT, HUTCHINSON, KANSAS



THE
AMERICAN
LEGION

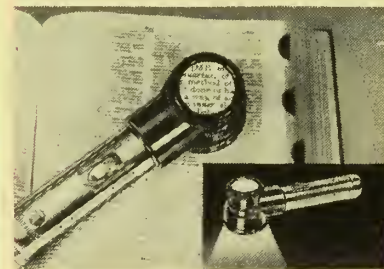
SHOPPER



DO-ALL KNIFE, handy, stainless kitchen tool. Cuts, carves, slices, scales fish, saws, cuts frozen food. Saves time, effort, eliminates waste and trims food costs. Unconditionally guaranteed. \$1.98 ppd. **NIRESK INDUSTRIES, INC.**, Dept. P-HF-1, 589 E. Illinois St., Chicago 11, Ill.



NEW HYBRID makes everyone an expert with roses. Gloire des Rosomanes make the famous Red Robin Living Fence. They thrive and bloom in almost every kind of climate; almost every kind of soil, month after month. For free illustrated booklet send a postcard to **GINDEN NURSERY**, Dept. AL-4, San Bruno, Calif.



FLASHLIGHT MAGNIFIER. Makes type or other small objects appear **LARGE** and easy to see. Uses 2 standard flashlight batteries. Light plus magnification give clarity for reading, sewing, crafts, hobbies. \$2.98. Guaranteed to please, money back if returned ppd. in 30 days. **NEL-KING PRODUCTS**, Dept. AL-43F, 811 Wyandotte, Kansas City 5, Mo.



MAKE-UP AIDS are transparent plastic cut-out that help the ladies find the right lip and eyebrow outlines to flatter the contours of their faces. Comes with hints on the best ways of applying make-up. \$1 ppd. **Charles of Fifth Avenue**, Dept. ASJ, Box 67, Rugby Sta., Brooklyn 3, N. Y.

KEEP CESSPOOL TROUBLE AWAY



SEPTIC TANK TROUBLE? — Reactivator keeps septic tank and cesspool clean, prevents overflow, back-up, odors, saves costly pumping or digging. Just mix dry powder in water, flush. Non-poisonous, non-caustic, 6 mos. supply (23 ozs.), \$2.95 ppd. **Northel**, Dept. AL 4, Box 1103, Minneapolis, 40, Minn.



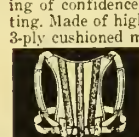
PAINT-BY-NUMBERS WALL MURALS! Easy, fun, step-by-step method requires no talent, takes only 3 to 5 hours. Choose modern, provincial, oriental designs. A size for every wall. Complete Kits, \$12.95 up. "How To" details, free catalog (encl. 10¢ post, hdlg.) **MURAL ART CENTER**, Dept. AL-4, 1038 So. La Brea, Los Angeles 19, Calif.

STOP STOOPING!

with amazing, new

Pi-Pacer® Shoulder Brace

Corrects posture instantly, comfortably. Provides even distributed support for sagging shoulders. Improves appearance, gives you a wonderful new feeling of confidence. No fitting. Made of highest quality ventilated-for-comfort 3-ply cushioned material. Arm bands softly padded.



PIPER BRACE COMPANY • DEPT. AL-43H
811 WYANDOTTE • KANSAS CITY 5, MO.



From this . . . to this
in 20 seconds



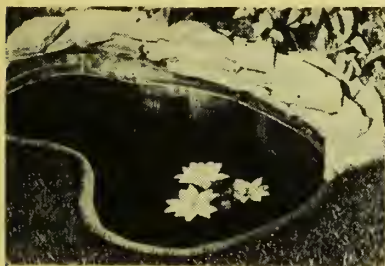
UNBREAKABLE THERM-O-BOTTLE, with 4 insul-cups of sanitary, non-toxic plastic. Wide mouth, keeps contents hot or cold for hours. Family-size; no glass insert to replace; won't give off or absorb odors. 98¢ ppd. **NIRESK INDUSTRIES, INC.**, Dept. P-SB-2, 589 E. Illinois St., Chicago 11, Ill.



WESTERN HAT, "The Wisp," by Stetson, America's famous hat maker! Comfortable, durable, can be worn year-round. It features a wide 3-inch raw-edge brim. In sizes 6 3/4 to 7 1/2 . . . in light tan/grey shade only. \$15.95 ppd. No C.O.D.'s. **BOB'S WESTERN WEAR,** 226 North Main St., Sheridan, Wyoming.



PERSONALIZED DENTURE CUP - Give platework a soothing bath without harmful scrubbing or scouring. Dentist designed, opaque plastic, spillproof watertight, unbreakable, hinged lid. Fits any bridge or plate. White, blue, pink, \$1.00 ppd. **WHIRLEE,** Dept. AL-140, 31-01 Steinway St., Long Island City 3, N. Y.



OUTDOOR GARDEN POOL—Beautify your garden with this one-piece colored Polypropylene exotic garden pool for live goldfish and exotic water lilies. Ideal garden size, it's 3'5" x 2'3" x 8" deep at ground level. Recessed water lily pot holds 1 to 3 bulbs. \$3.98; 2, \$7.65. Water Lily Bulb free. (Add 50¢ post.) Michigan Bulb, Dept. BP-1403, Grand Rapids 2, Mich.



NEW MEXICO LAND—Own an acre of land five minutes from Albuquerque, Superb climate. Complete price \$795 per 1/2 acre, \$1495 per acre, only \$10 per month. Free fact book, photos and details write: **RIO RANCHO ESTATES,** Dept. AM-1, 1429 Central Ave. N.W., Albuquerque.



The AMERICAN LEGION CLASSIFIED

For rates, write American Legion Classified
720 Fifth Avenue, New York 19, N.Y.

BUSINESS OPPORTUNITIES

INVESTIGATE ACCIDENTS—Earn \$750 to \$1,000 monthly. Men urgently needed. Car furnished. Business expenses paid. Pick own job location. Investigate full time. Or earn \$6.44 hour spare time. Write for Free Information. Universal, CA-4, 6801 Hillcrest, Dallas 5, Texas.

I MADE \$40,000.00 YEAR by Mailorder! Helped others make money! Start with \$10.00 - Free Proof. Torrey, Box 3566-A, Oklahoma City 6, Oklahoma.

HOME MAILORDER BUSINESS - Raising fishworms and crickets. Free Literature. Carter Gardens. Plains. Georgia.

PROFITABLE Home Dealer Plan for men and women everywhere without investment. Write Midwest Chemical Company, Detroit 26.

HELP WANTED

FOREIGN—U.S.A. JOBS. All occupations. Up to \$1600.00 monthly. Free transportation, benefits. Complete "directory." Application form. Send \$1.50 (\$2.00 airmail). Why pay more? C.O.D.'s accepted. Satisfaction guaranteed. International Employment, Box 307 A4, Bedford, Indiana.

SELL ADVERTISING MATCHBOOKS to local businesses. No experience needed - powerful sales kit free. Part, full-time. Match Corporation of America, Dept. EX-43, Chicago 32.

FOR WOMEN

EARN \$50.00 FAST, easy, sewing Aprons, spare, full time. Excellent opportunity to build steady extra income. Details free. Redikuts, Loganville 22, Wisconsin.

\$100 WEEKLY POSSIBLE. Compile mailing lists and address envelopes for advertisers. Home-spate time. Particulars free. National Service, 81, Knickerbocker Station, New York City.

MAKE \$25-\$50 WEEKLY clipping newspaper items for publishers. Some clippings worth \$5.00 each. Particulars free. National 81, Knickerbocker Station, New York City.

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GOVERNMENT SURPLUS direct from government. Jeeps \$264.00, radios \$2.53, typical prices. Guns, Typewriters, Cameras, Tools, thousands more. Amazing low prices. How, where to purchase, merchandise available, etc., only \$1.00 to: Surplus, P.O. Box 50512, Dept. D, New Orleans 50, Louisiana.

JEEPS \$111.68, airplanes \$75.20, boats \$6.18. Many others direct from U.S. Government. For complete "Directory" send \$1.00 to Quality Surplus, Box 23, Dept. B4, Greensburg, Pennsylvania.

JEEPS \$111.26—Boats \$6.38—Typewriters \$4.17 -Thousands of items direct from Government in your area. Complete "Guide" \$1.00—to Surplus Information, 1402-ALS, Englewood, Colorado.

BOATS

ALUMINUM Boat Kits, \$38.50 up. Assembled in a weekend from factory finished aluminum parts. No riveting, no bending, no guesswork. Save up to 60% of factory built prices. The perfect light car toppers for the sportsman. Models to 14 feet. Send 25¢ for new catalog. Alumakit Co., Inc., Dept. AL-43, Salem, Mass.

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SKIL-CRAFTS New '62-'63 catalog. Largest and Finest selection of Leathercraft, Artist, Hobby-craft supplies in the world. Free Gift with first order. Send 50¢. Refundable with first order. Skil-Crafts, Box 167-A, Joplin, Missouri.

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ELECTRONICS RADIO TELEVISION. Learn at home. Get catalog free. National Radio Institute, Dept. 3DM8, Washington 16, D.C.

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INVENTIONS wanted; patented, unpatented. Global Marketing Service, 2420-L 77th, Oakland 5, California.

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SONGPOEMS AND SONGS WANTED! Mail to: Tin Pan Alley, Inc., Box 405, Radio Station, New York 19, N. Y.

POEMS NEEDED for songs. Rush poems. Crown Music, 49-AM West 32, New York 1.

SALESMEN WANTED

SENSATIONAL NEW longer-burning Light Bulb. Amazing Free Replacement Guarantee - never again buy light bulbs. No competition. Multi-million dollar market yours alone. Make small fortune even spare time. Incredibly quick sales. Free sales kit. Merlite (Bulb Div.), 114 E. 32nd, Dept. C-74F, New York 16.

AGENTS WANTED

BUSINESS KIT FREE! Postcard puts you in business! Complete line 230 shoe styles, jackets! New Discoveries pay Big Commissions. No investment. Send for Free Kit. Mason, Chippewa Falls K-457, Wisconsin.

LOANS BY MAIL

BORROW \$100 to \$1000 by Mail. Quick, Easy, Private. No Co-Signers. Repay in 24 small monthly payments. For the amount you want write today to Dial Finance Co., 410 Kilpatrick Bldg., Dept. 4-102, Omaha 2, Nebraska.

CANADIAN LAND

CANADIAN VACATION LANDS: Full price \$385.00. 40 acres, \$10 month. Suitable cottage sites, hunting, fishing, investment. Free information. Land Corporation, 3768-F Bathurst, Downsview, Ontario, Canada.

HISTORICAL DOCUMENTS

EXCITING CIVIL WAR DOCUMENTS. Authentic parchments. Also, Constitution, Mayflower Compact, many others. Sample, 25¢. Free list. CREATIVE INK, Box 451-AL, Venice, California.



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THOUSANDS OF ITEMS AVAILABLE INCLUDING:

Trucks	Cameras	Movie Cameras
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Parachutes	Film	Armored Cars
Tractors	Armored Cars	Motor Scooters
Ammunition	Motor Scooters	Boat Accessories
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Passenger Cars		

FREE! Separate catalog, with pictures and prices of more than 50 special items that you can order direct by mail, is yours free when you send \$1.00 for the surplus catalog.

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P. O. BOX 51450—NEW ORLEANS 50, LA.**

Enclosed is \$1.00. Send both catalogs immediately, postpaid. \$1.00 will be refunded if I am not satisfied.

Name

Address

City State

SELLING FOR ONLY A FRACTION OF ORIGINAL COST!

Now you can buy thousands of U. S. Government surplus items for as little as 2 and 3 cents on the dollar, direct from the Government, as so many others have done. There are more than 150 government surplus depots located throughout the country. Some surplus merchandise available free! Our big new catalog has complete information: merchandise available, the depots, buying procedure, etc. With this catalog, you too can take advantage of the sensational opportunity to buy any of thousands of items at low, low surplus prices. Selling prices average 8% to 10% of original cost. Don't wait, order your catalog today only \$1.00. **TYPICAL SURPLUS SALE PRICES:**

Bicycle—\$5.50	Jeep—\$278.00
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Refrigerator—\$5.00	Boats—\$178.00
Passenger Bus—\$208.00	Airplane—\$159.00
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Mimeograph Printer—\$23.00	Leather Boots—45¢



DRIVING HINT

When you're driving with a "Cutie"
Remember well this much,
You cannot attend to braking
When your mind is on the clutch.

CORA M. NICODEMUS

MAD MONEY

By Spatial Delivery

The Moon trip's bound to cost a pile
(Three hundred thousand bucks per mile,
It's said, to turn the trick;)
Which seems a lot of cash to burn.
— A kinda crazy way to learn
Just what makes Luna tick.

BERTON BRALEY

SNOOTY FISH TALE

And then there was the pet shop owner
who claimed his tropical fish were so aris-
tocratic they came over under the May-
flower.

PHILIP THOMAS

DOESN'T ADD UP

A man with two wives
But no brain cells along
Was hard to convince
That two rites make a wrong!

... MARK MORROW

ADOLESCENT ARITHMETIC

A problem child is one who puts two
and two together and gets curious.

FRANKLIN P. JONES

TRUE, BUT SAD

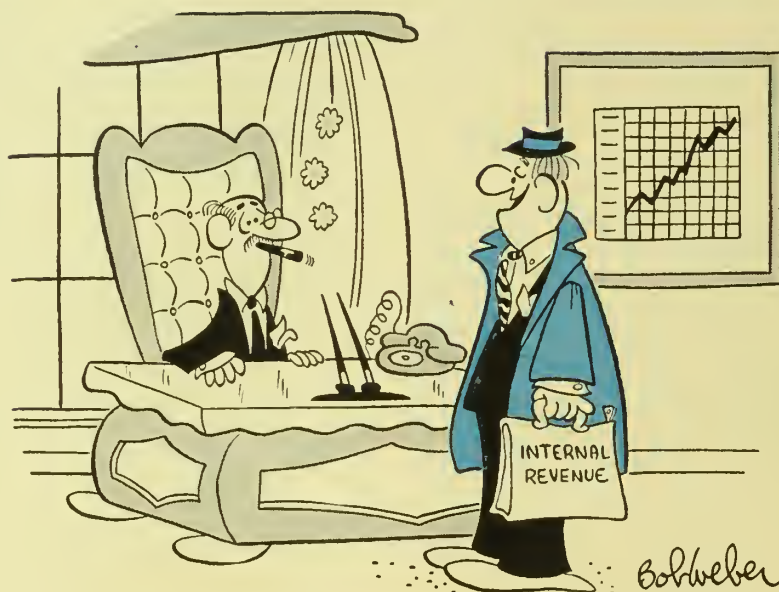
People whose homes are clean and noiseless
Generally are girls and boys-less!

CLAIRE BOIKO

TWO HARD TO FIGURE

Why a man would want a wife is a
mystery to some people. Why he would
want two is a bigamistery.

S. S. BIDDLE



"No, Mr. Buxton, I haven't come to ask your forgiveness so
you'd give me my old job back in the Accounting Department."

FASTER THAN THE STORK

An American businessman was transferred to West Germany to take
charge of his firm's office there and he left his pregnant wife in the United
States until after the birth of their baby. But a week before the baby was
due, the prospective father received a message that his wife was arriving
by jet the following day. Greeting his extremely pregnant wife as she
wobbled down the stairs from the plane, he asked anxiously: "What hap-
pened? You know you're not supposed to travel in your condition."

"Yes, I know," nodded his wife, "but I got to thinking how much more
convenient it would be to bring the baby *this* way than after he was
born!"

DAN BENNETT

RUDE AWAKENING

Discussing problems concerning teenagers, one woman asked her neigh-
bor:

"Is your son hard to get out of bed in the morning?"

"No," replied the other, "I just open the door and throw the cat on his
bed."

The neighbor was puzzled.

"How," she asked, "does that awaken him?"

"Well, you see," replied the other, "he sleeps with the dog."

F. G. KERNAN

WHICH JOSHUA HAS THE STILL?

Uncle Josh Hiram, the old mountaineer, was up before the judge for
moonshining.

"What's your full name?" the judge inquired.

"Joshua Hiram, Your Honor," replied the old man.

"So," remarked the judge, "you're the Joshua who made the sun stand
still?"

"No, no, your Honor," the old fellow explained. "I'm the Joshua who
made the moonshine still."

QUENTIN R. HOWARD



"Cold Hands."

SEAGRAM-DISTILLERS COMPANY, NEW YORK CITY, BLENDED WHISKEY, 86 PROOF, 65% GRAIN NEUTRAL SPIRITS.



'My Whiskey'



Two words that reflect the warm, personal
pride a man has in a brand that's true to his trust.
Say Seagram's and be Sure

CAMEL

EVERY INCH A REAL SMOKE !

There's no cigarette like a Camel. Its taste is distinctive. Alert. All there. You'll find Camel's got swagger—yet it's smooth. Get the clean-cut taste of rich tobaccos. Get with Camel. Every inch a real smoke ...comfortably smooth, too!

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Skilled water sportsman...
deep-sea fisherman...
Camel smoker!

The best
tobacco
makes the
best smoke



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